

Eating Disorders Anonymous  
The Story of How We Recovered from Our Eating Disorders

©2016 by the General Service Board of  
Eating Disorders Anonymous, Inc.

All rights reserved.

EDA's program of recovery is adapted from the first 164 pages of *Alcoholics Anonymous*, the "Big Book," with permission from Alcoholics Anonymous World Services, Inc. Permission to reprint and adapt this material does not mean that AA has reviewed or approved this or any other EDA material. AA is a program for recovery from alcoholism only. Use of AA material in the program of EDA, which is patterned after that of AA but which addresses other issues, does not constitute endorsement by or affiliation with AA.

Published by Gürze Books, Carlsbad, CA ([gurzebooks.com](http://gurzebooks.com))  
as a service to:

Eating Disorders Anonymous  
[www.4EDA.org](http://www.4EDA.org)  
[info@eatingdisordersanonymous.org](mailto:info@eatingdisordersanonymous.org)

Library of Congress Cataloging-in-Publication Data

Names: General Service Board. Eating Disorders Anonymous.  
Title: Eating disorders anonymous : the story of how we recovered  
from our eating disorders / the General Service Board of Eating  
Disorders Anonymous.  
Description: Carlsbad, CA : Gürze Books, [2016] | Includes  
bibliographical references.  
Identifiers: LCCN 2016038763 | ISBN 9780936077857 (trade  
pbk.) | ISBN 9780936077864 (ebook)  
Subjects: LCSH: Eating disorders--Treatment.  
Classification: LCC RC552.E18 | DDC 616.85/26--dc23  
LC record available at <https://lcn.loc.gov/2016038763>

Printed in the United States of America.