



simple serenity

National Eating Disorders Awareness Week is Feb. 26 – March 4. The goal of this week is to shine the spotlight on eating disorders and put life-saving resources into the hands of those in need. This year's theme is *[It's Time to Talk About It](#)*. Eating disorders have the highest mortality rate of all mental illnesses. While the seriousness of eating disorders should not be underestimated, eating disorders are not hopeless. Treatment is available and recovery is possible. Early intervention is vital; the earlier a person seeks treatment, the greater the likelihood of physical and emotional recovery. To learn more, following is a list of recommended reading and resources.

RECOMMENDED RESOURCES

NEDA: National Eating Disorders Association | www.nationaleatingdisorders.org | <http://nedawareness.org>

Information and helpline: 800.931.2237 | 9a - 9p (ET) Mon-Thu; 9a - 5p (ET) Fri | e: info@myneda.org

About Face: Combating Negative and Distorted Images of Women | www.aboutface.org

Anorexia Nervosa and Related Eating Disorders | www.anred.com

Dads and Daughters | www.dadsanddaughters.org

National Association to Advance Fat Acceptance | www.naafa.org

National Eating Disorder Information Center | www.nedic.ca

AED: Academy for Eating Disorders | www.aedweb.org

RECOMMENDED READING

8 Keys to Recovery From An Eating Disorder by Carolyn Costing and Gwen Shubert Grabb

100 Questions and Answers about Eating Disorders by Carolyn Costing

Your Dieting Daughter by Carolyn Costin

The Eating Disorders Sourcebook: A Comprehensive Guide to the Causes, Treatments, and Prevention of Eating Disorders by Carolyn Costin

Women, Food and God: An Unexpected Path to Almost Everything by Geneen Roth

When Food Is Food and Love Is Love: A Step-by-Step Spiritual Program to Break Free from Emotional Eating by Geneen Roth

Breaking Free from Emotional Eating by Geneen Roth

Eat What You Love, Love What You Eat by Michelle May

Wherever You Go There You Are by Jon Kabat-Zinn

Eating the Moment: 141 Mindful Practices to Overcome Overeating One Meal At a Time by Pavel Georgievich

Meal by Meal: 365 Daily Meditations for Finding Balance through Mindful Eating by Donald Altman

Art of the Inner Meal: the Power of Mindful Practices to Heal our Food Cravings, Revised and Expanded Edition by Donald Altman

MEET LORRIE JONES, MBSR, CHT, BSN | MINDFULNESS COACH ▶ SPEAKER ▶ AUTHOR

Lorrie has been supporting people on their journey toward optimal health and wellness for over half her adult life. Dedicated to fostering mindfulness, self-discovery and personal transformation in wellness and well being, Lorrie provides education, consultation and coaching in the most effective principles and practices of Mindfulness and Hakomi therapies, encompassing a “mind-body” approach to health and wholeness. Holding professional certification in MBSR (Mindfulness Based Stress Reduction), Hakomi Therapy (CHT), and a BS in Nursing (BSN), qualifies Lorrie to offer state-of-the-art professional programs and mindfulness practices designed to educate, inspire and motivate in creating a life of vibrant and sustainable health and well-being. As a wellness practitioner, educator and coach, she has served individuals, groups, and hospitals with her expertise in health issues, advanced professional training in stress reduction, extensive research in mind-body healing and dedication to learning and personal growth. From this rich soil of commitment, challenge and achievement, she is able to offer holistic, nurturing and healing programs. Lorrie’s mindfulness-based services include::

Consulting and coaching with special emphasis on

- mindful living
- food issues / body image
- family dynamics / mindful communication
- stress reduction

CONTACT LORRIE

For more information or to visit Lorrie’s blog, go to www.simpleserenity.com. Sign up for Lorrie’s newsletter for monthly tips on mindful living, useful advice, and a FREE ebook.

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