

# Ed's Bio [WWW.JENNISCHAEFER.COM](http://WWW.JENNISCHAEFER.COM)

Ed is an internationally known sleazeball whose efforts have interrupted the lives of millions of people. His appearances in certain television shows and movies, on billboards, and in advertisements everywhere have brought a world of misery to men and women of all ages.

"I just want the people I haunt to blindly follow everything I say," Ed says, "I don't want them to connect with others for support. If I can get people to isolate, I can control their lives—not just what they eat and weigh—but everything about them. I like to give off the impression that I am just about food, but the truth is that I am about underlying issues like constant self-criticism, unrelenting perfectionism, and low self-esteem."

Ed's manipulative and controlling style has made him an abuser, source of desperation, and villain to people across the globe. As author Jenni Schaefer says in her first book, *Life Without Ed*, "Ed and I lived together for more than twenty years. He was abusive, controlling and never hesitated to tell me what he thought, how I was doing it wrong, and what I should be doing instead." In her second book, *Goodbye Ed, Hello Me*, she says, "It took a long time to call it quits with Ed, and I won't go back...I am fully recovered."

Ed doesn't want people to believe in full recovery. In fact, he doesn't want people to know who he really is...

Ed's name is an acronym for "eating disorder." He is anorexia, bulimia, and binge eating disorder. He is other specified feeding and eating disorders (OSFED). He is chronic dieting and other forms of disordered eating. He impacts more lives than anyone imagines. He affects people of all shapes and sizes—not just those who are apparently underweight or overweight. Ed does not discriminate by age, gender, culture, ethnicity, or socioeconomic class. This is for sure: he is deadly and can take anyone's life. Ed is not a phase or diet—not an "attention-getting" illness.

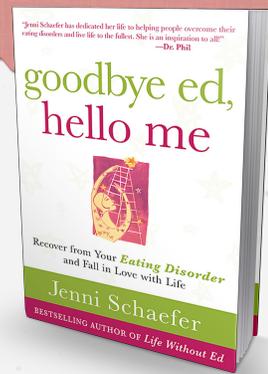
Something else is certain, too: with professional help and support from friends and family, people can say goodbye to Ed forever. The recovery process can be long and difficult, but it is very possible to find complete freedom.

Jenni believes that people who battle Ed don't always have to be "in recovery" but they can be recovered once and for all. Jenni says, "Unlike people who struggle with alcoholism and drug addiction, individuals with eating disorders have to find balance with the substance (food) they are 'addicted' to. Alcoholics can never drink again, but I had to eat again—everyday, many times a day, for the rest of my life. This is a fundamental difference and why I believe I am recovered (period)."

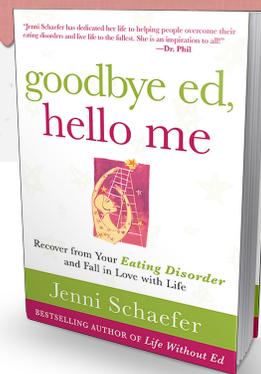
Ed disagrees saying, "No, I actually haunt people for their entire lives. I will never leave."

He is clearly lying (yet again) with this statement, because the list of recovered people is long and is growing everyday. If you are struggling with an eating disorder, add yourself to the list by believing in yourself, holding onto hope, and never, never, never giving up.

**Important Note:** Some people choose to call their eating disorder other names —Edie, Edith, Ana, Mia, or even Helga. Regardless of the specific name, the bio above still applies. And regardless of the name, full recovery is possible!



Do you relate to Ed's bio? Below, write a short bio for your eating disorder. Or just list some characteristics. Do you have a name for your eating disorder?



We recover from our eating disorders in order to recover our lives. Moving away from Ed means moving toward life. Imagine what your life could be like without Ed. Below, write your future recovered bio. What is your life like mentally, spiritually, emotionally, and physically? What about career and relationship goals? Hobbies and other interests?

## YOUR RECOVERED BIO