

"Curl up with this book! In it you will find understanding, connection, and—most of all—unfailing hope. Melissa Groman meets you exactly where you are on your journey to recover."

—Jenni Schaefer, Author of Life Without Ed and Goodbye Ed, Hello Me

better is not so far away

DECIDE TO RECOVER FROM
BINGEING, STARVING, OR CUTTING

Melissa Groman, LCSW

Better Is Not So Far Away

Raffaela Di Napoli



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