



**bridgetwhitlow** Well said Aimee – I second that! **#reclaiming** –4:04 PM Nov 20th, 2011



**aimee liu** Here's to lives of healthy change. To us all. Happy Thanksgiving! **#reclaiming** –4:00 PM Nov 20th, 2011



**aimee liu** I want to send one more shout out -- thanks to my AED co-editors Dr.s Judith Banker & Amanda Weishuhn. Beautiful minds! **#reclaiming** –3:59 PM Nov 20th, 2011



**bridgetwhitlow** Thanks again Aimee 4 makng this book come to be–it is a genuine gift of love 4 all of those whose lives hve been impcted by EDs! **#reclaiming** –3:58 PM Nov 20th, 2011



**wtpicketfence** RT **@aimee liu**: Most who recover find HEALTHY role models, and learn from them, let themselves be guided by them. That's BIG. **#reclaiming** –3:57 PM Nov 20th, 2011



**dlbenfield** RT **@wtpicketfence**: RT **@aimee liu**: Everyone who wrote recalled a turning point -- a moment when each person had ENOUGH of ED and finally could ...**#reclaiming** –3:56 PM Nov 20th, 2011



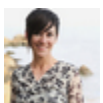
**wtpicketfence** Per aimee liuRT **@aimee liu**: Other stages were Treatment, Restoration of the body, Discovery of a new self, and wise perspective. **#reclaiming** –3:56 PM Nov 20th, 2011



**bridgetwhitlow** RECLAIMING OUR LIVES, look under "contribute" here :) <http://t.co/zVYYC3Bk> **#reclaiming** –3:55 PM Nov 20th, 2011



**wtpicketfence** Join in! RT **@aimee liu**: Hard to tweet BIG answers into LITTLE bites. A good metaphor for eating disorders! **#reclaiming** –3:55 PM Nov 20th, 2011



**bridgetwhitlow** If you are interested in buying RESTORING OUR BODIES, **#reclaiming** –3:55 PM Nov 20th, 2011



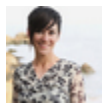
**wtpicketfence** RT **@aimee\_liu**: Everyone who wrote recalled a turning point -- a moment when each person had ENOUGH of ED and finally could ...**#reclaiming** -3:54 PM Nov 20th, 2011



**bridgetwhitlow** Thank you to you **@aimee\_liu**, and to all the contributors in the book, for writing such a powerful recovery resource! **#reclaiming** -3:51 PM Nov 20th, 2011



**aimee\_liu** Thank YOU Bridget, for making this happen! **#reclaiming** -3:51 PM Nov 20th, 2011



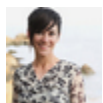
**bridgetwhitlow** Thank you to all who joined us today to hear more from Aimee! **#reclaiming** -3:51 PM Nov 20th, 2011



**aimee\_liu** Just in case, the book is RESTORING OUR BODIES, RECLAIMING OUR LIVES, Guidance & Reflections on Recovery from EDs **#reclaiming** -3:49 PM Nov 20th, 2011



**aimee\_liu** There's so much to say! This is challenging. I hope even the little bits help a little. **#reclaiming** -3:48 PM Nov 20th, 2011



**bridgetwhitlow** That's really wonderful Aimee! Before we start to end here, does anyone have any other questions they'd like to ask Aimee? **#reclaiming** -3:47 PM Nov 20th, 2011



**aimee\_liu** So I'm donating my royalties to the AED scholarship fund! **#reclaiming** -3:45 PM Nov 20th, 2011



**aimee\_liu** And I wanted to encourage new scientists and therapists to enter this specialty -- to fight the stigma in the medical field too! **#reclaiming** -3:45 PM Nov 20th, 2011



**aimee\_liu** I have learned and healed so much as a result of the new scientific understanding of EDs. The AED is central to promoting this.. **#reclaiming** -3:44 PM Nov 20th, 2011



**aimee liu** The AED is a powerhouse of a resource for info and expertise treating and preventing EDs. More at <http://t.co/POuooF9r>! **#reclaiming**

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**bridgetwhitlow** Thank you Aimee! Can you say a bit about how you decided to donate the royalties of your new book to AED? **#reclaiming**

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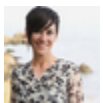
**bridgetwhitlow** In Ch. 3 Scott Crow mentions <http://t.co/F2UAqWem>. Do you have additional recommendations on where to go 4 help w/ this?

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**aimee liu** Yes! fortunately there are resources that can help. We list some of these in the book. Also we include expert advice from AED

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**bridgetwhitlow** Coverage for treatment can be very challenging -

**#reclaiming** -3:39 PM Nov 20th, 2011



**dlbenfield** RT **@aimee liu**: But food is not a substitute for love and comfort, nor is weight a gauge of identity. **#reclaiming**

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**aimee liu** But food is not a substitute for love and comfort, nor is weight a gauge of identity. **#reclaiming**

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