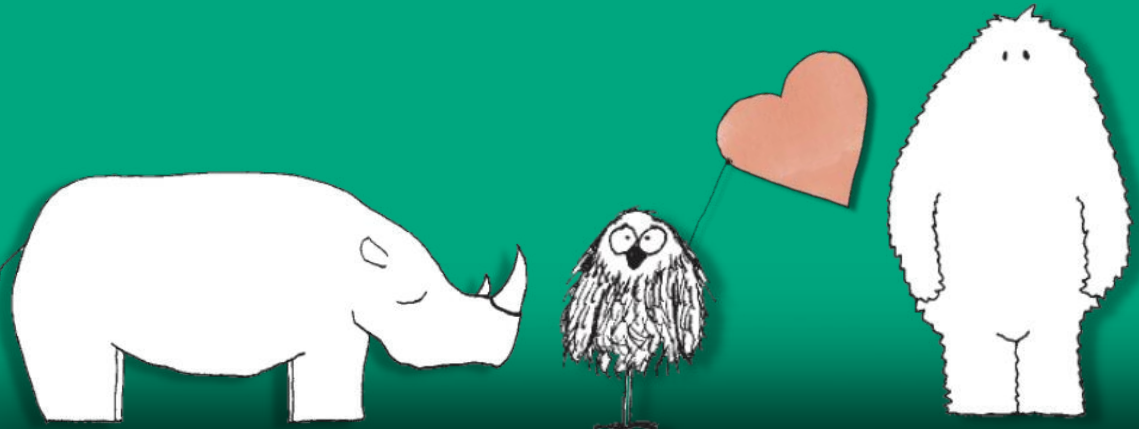
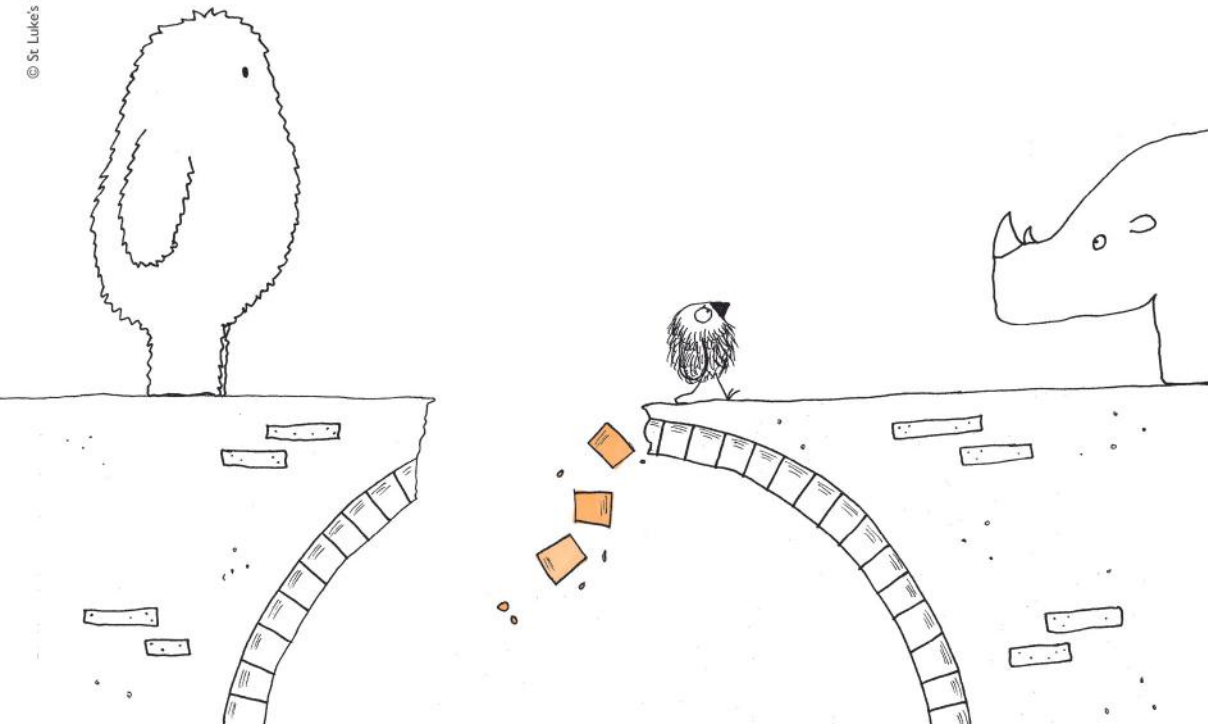


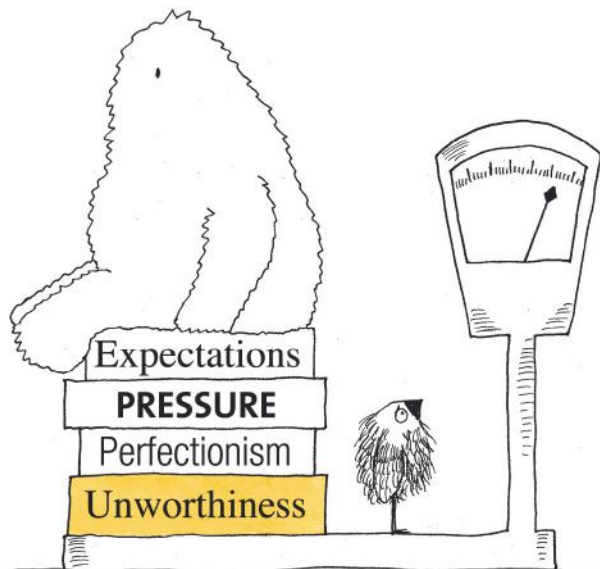
EATING DISORDERS

DIGITAL CARDS



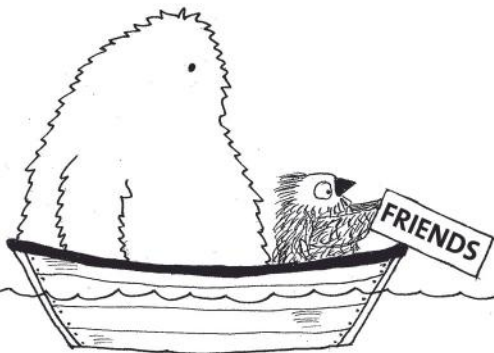
Can you stay focussed on recovery, even when it's scary?





What else is on the scales?





Love

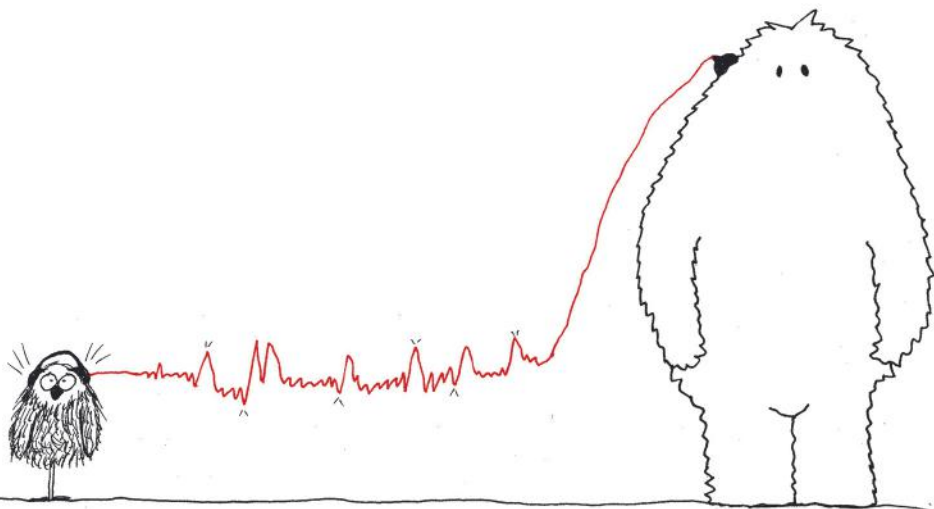
FUN

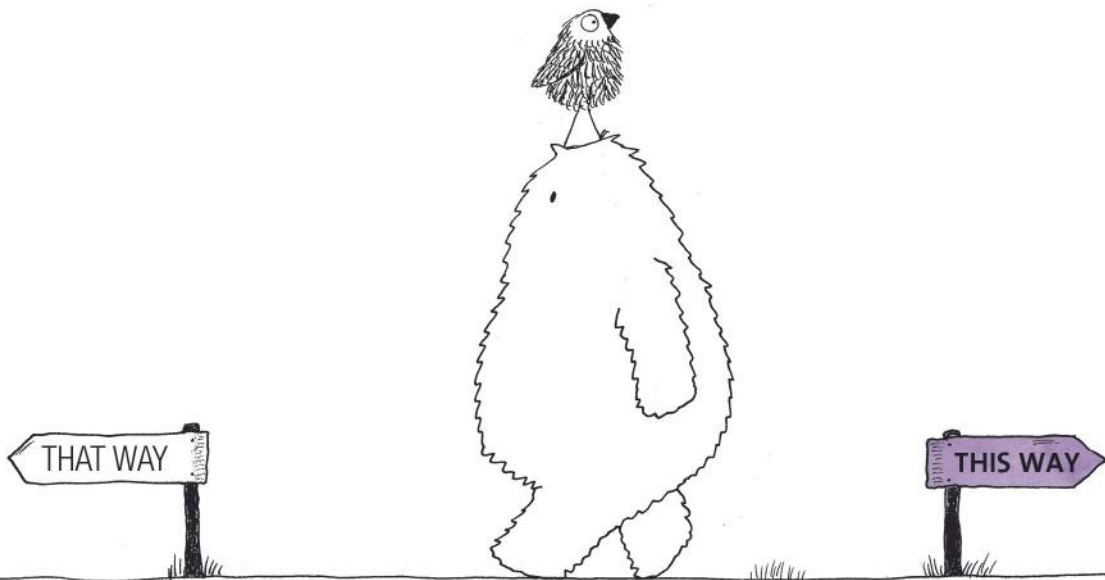
Connection

What is worth keeping?



What does the eating disorder voice say?





How could you turn it around?

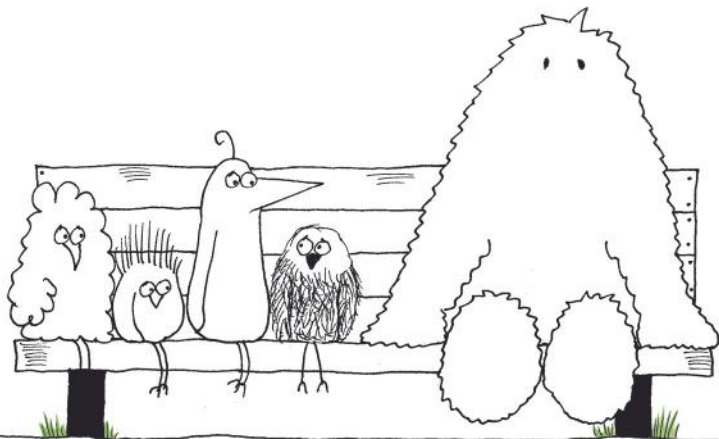




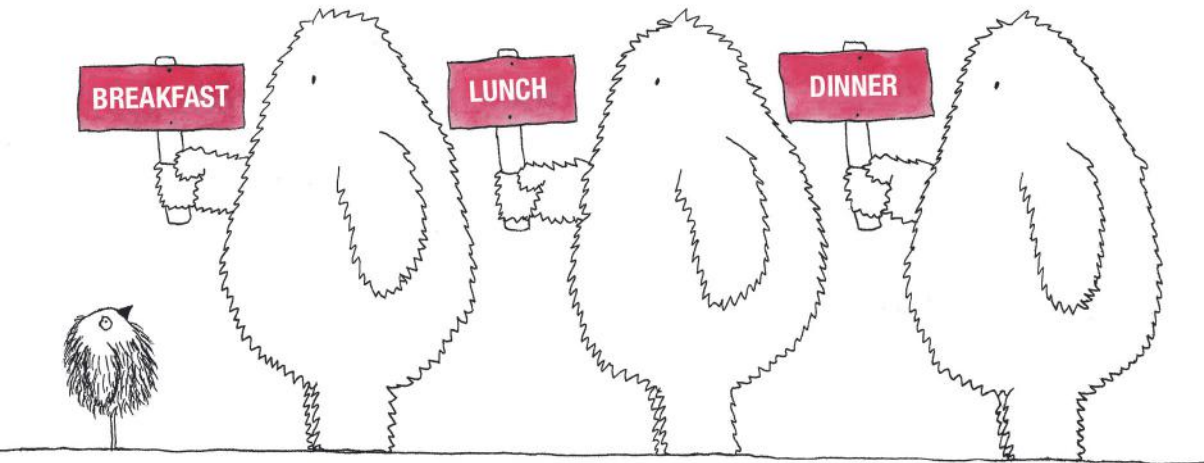
Where will it lead?



Who else is sitting with a shadowy companion?



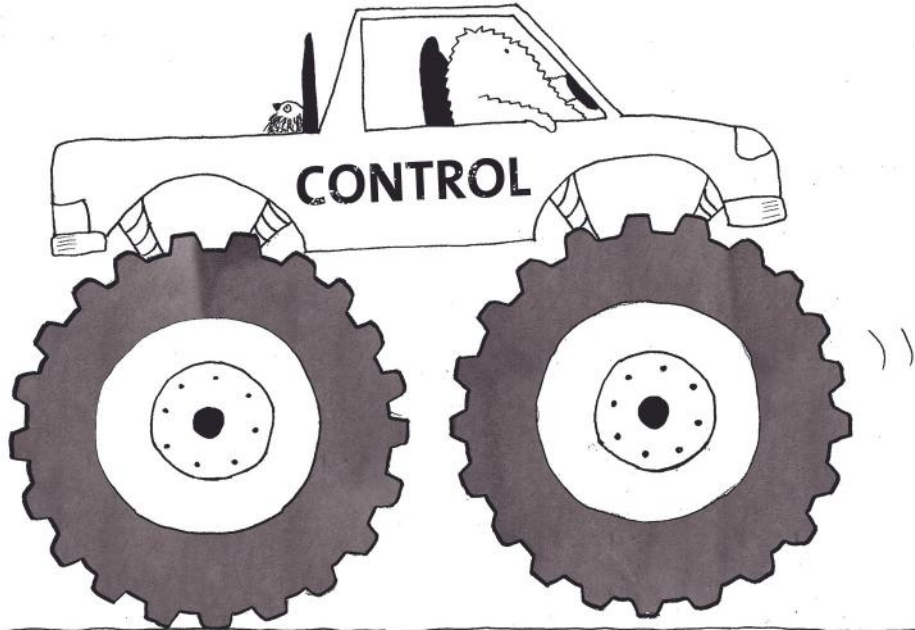
What helps you face everyday challenges?



What helps ease the pain?

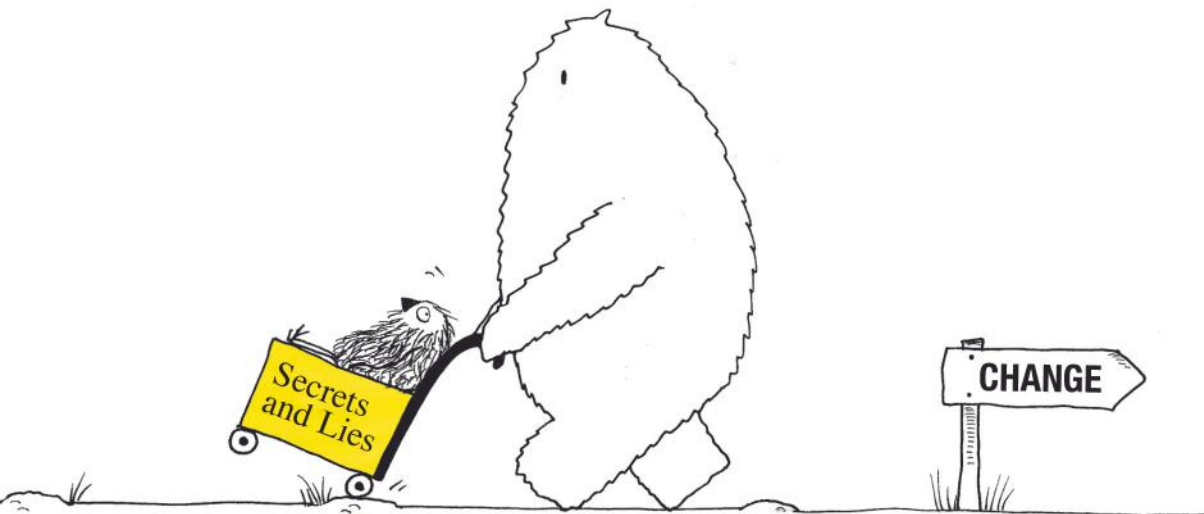


[Go to thumbnails](#)



Who is in the driver's seat?

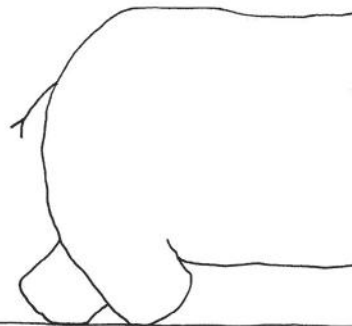
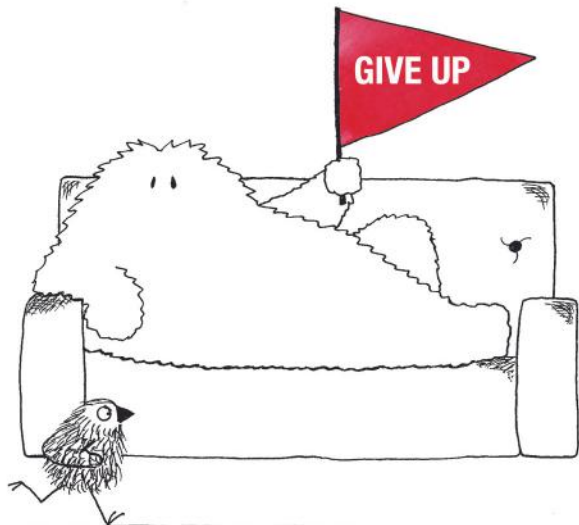




Where do secrets and lies lead?

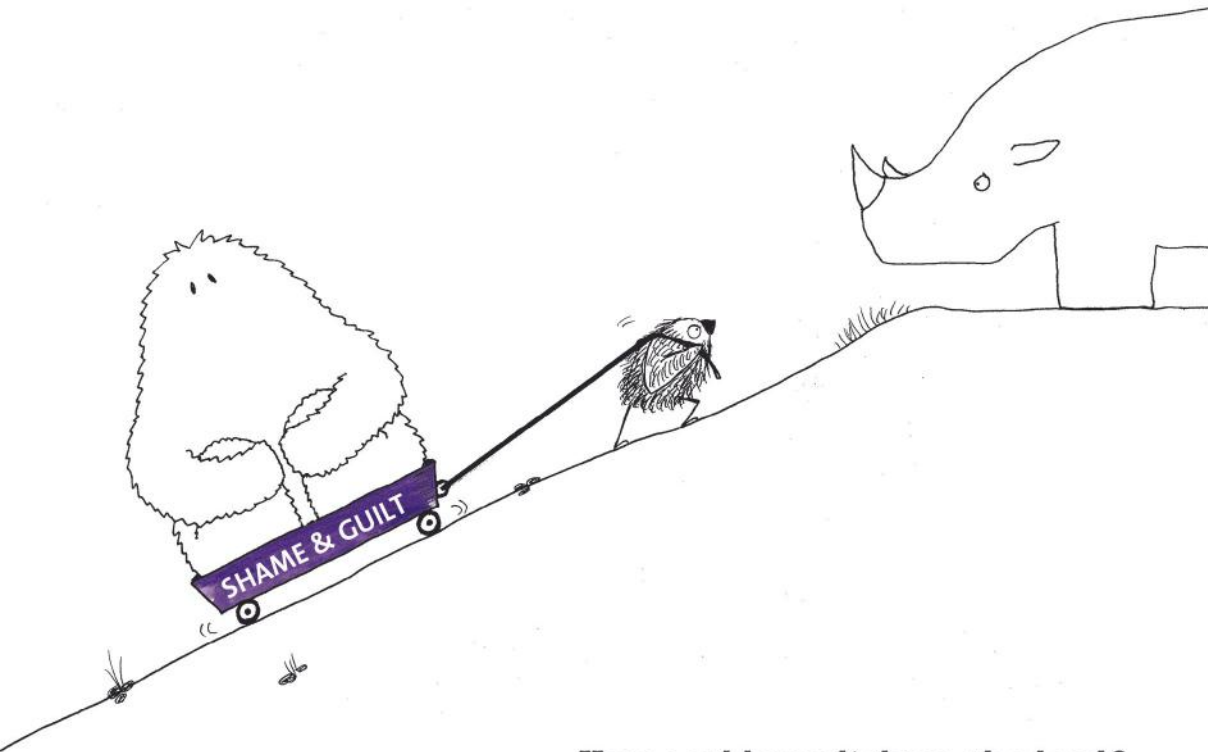


[Go to thumbnails](#)



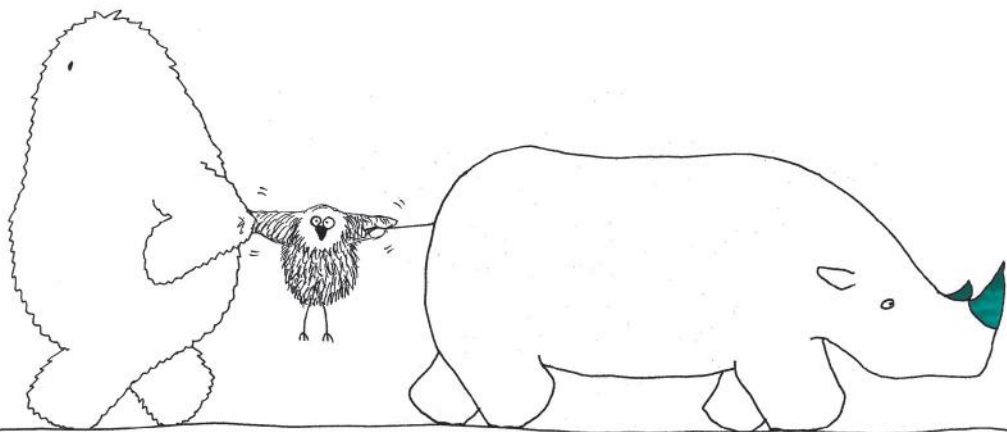
What keeps you going?





How could you lighten the load?

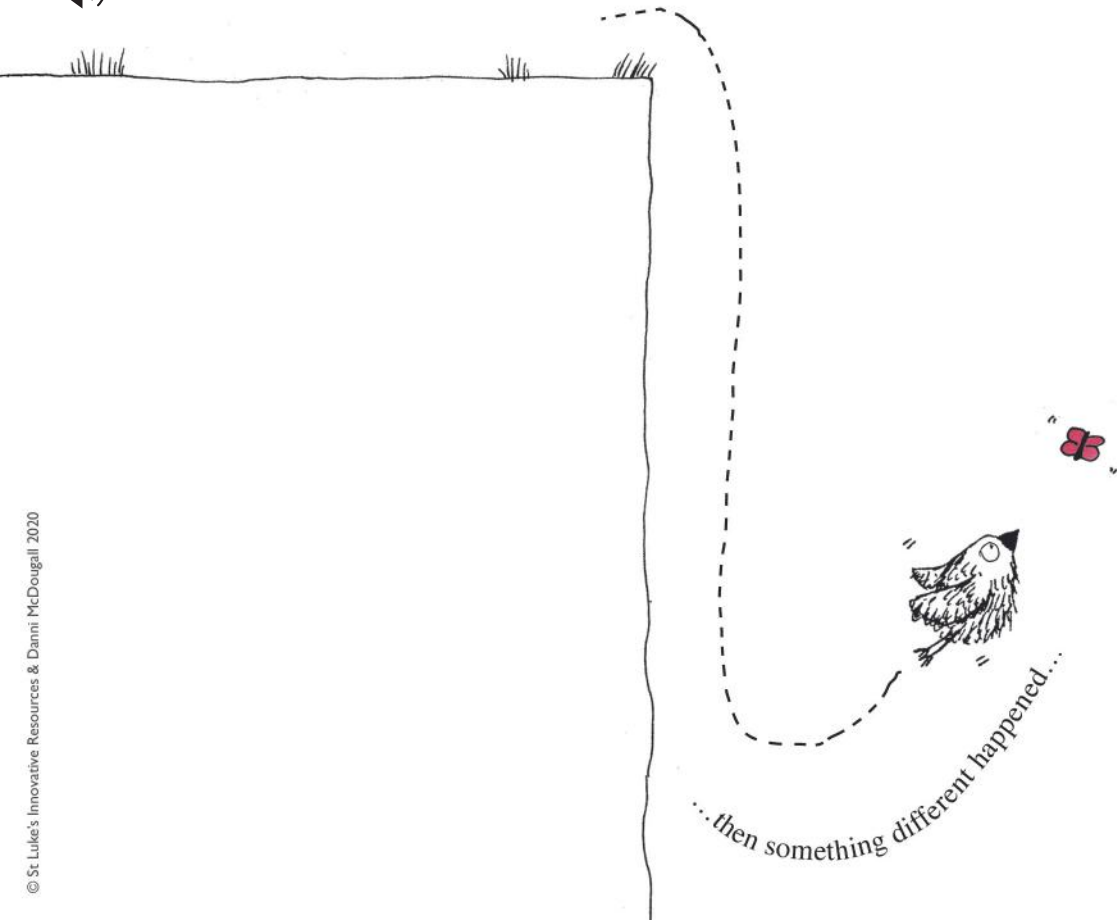




Is it really possible to hold onto both?



What if you surprised yourself?

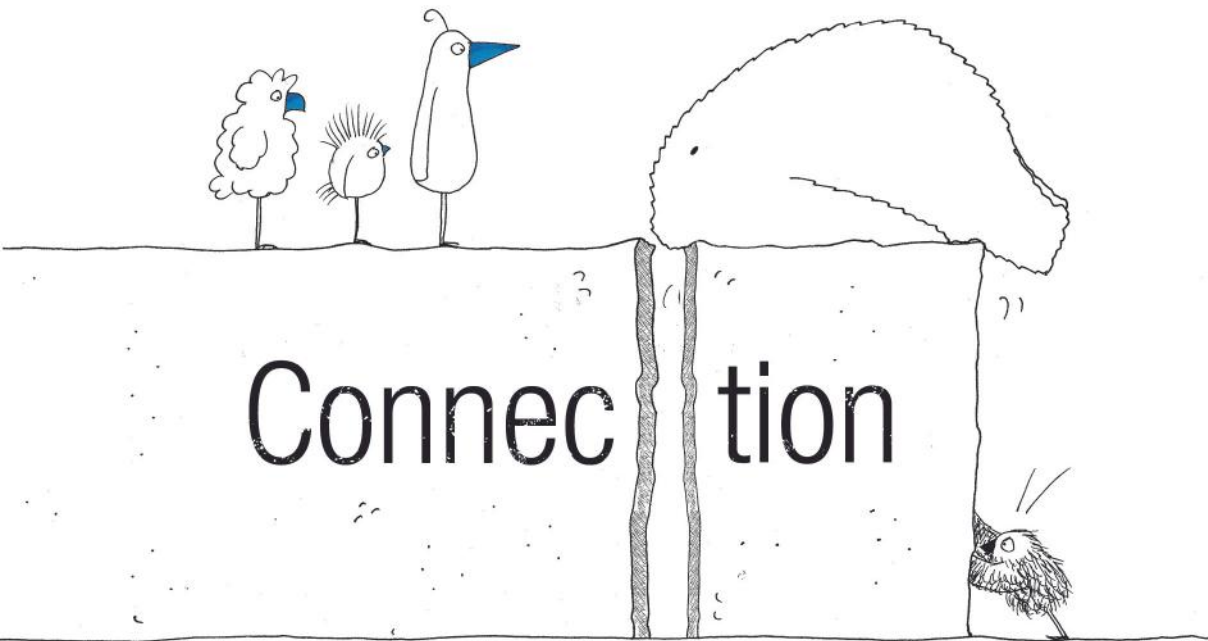


[Go to thumbnails](#)

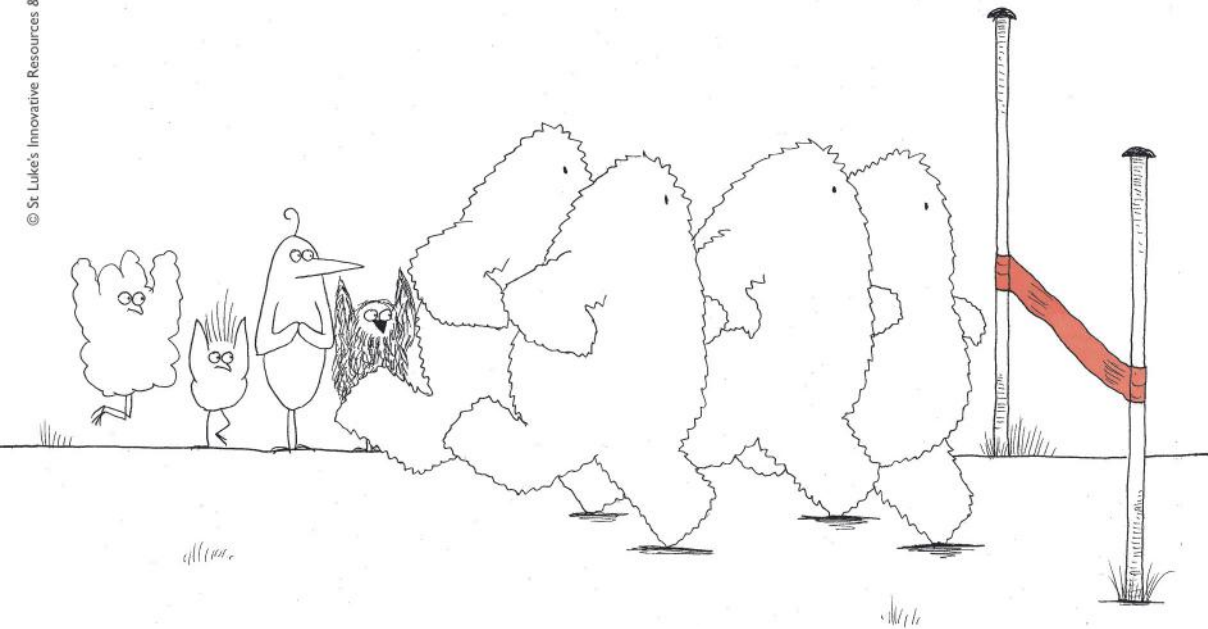
What helps you think clearly?
🔊



What gives you the strength to connect?



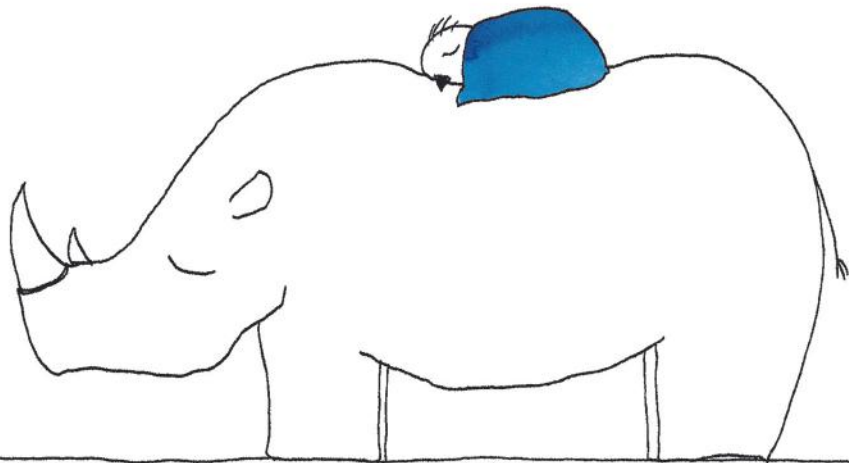
[Go to thumbnails](#)



What happens when eating disorders compete?



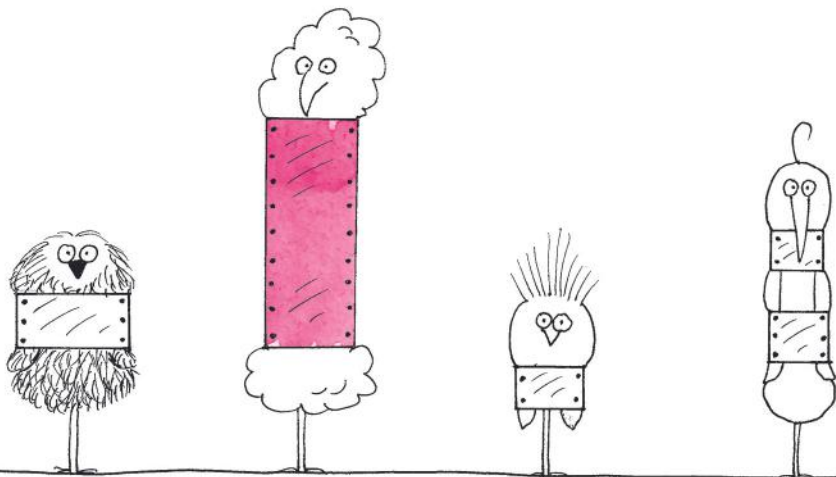
How can you rest, even for a moment?



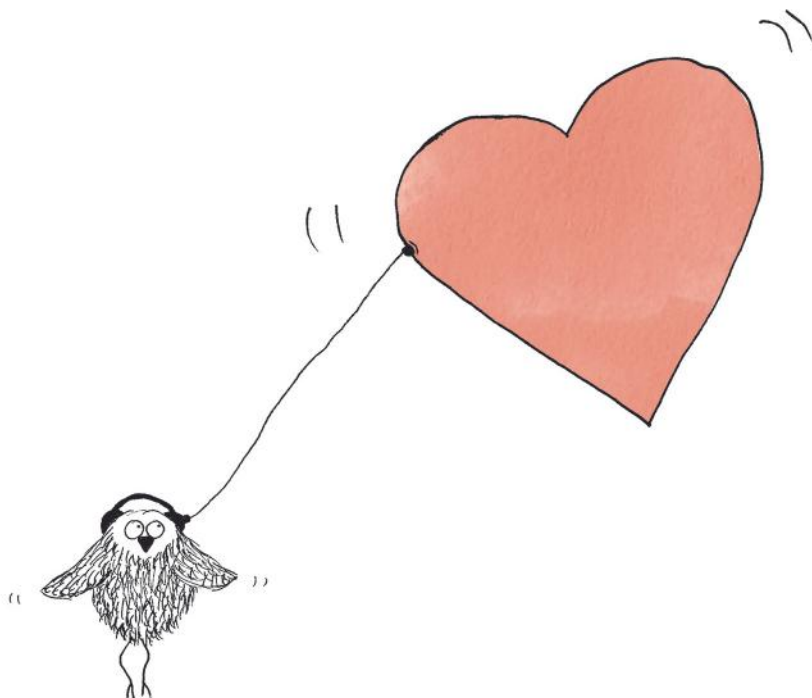
What are your building blocks towards recovery?



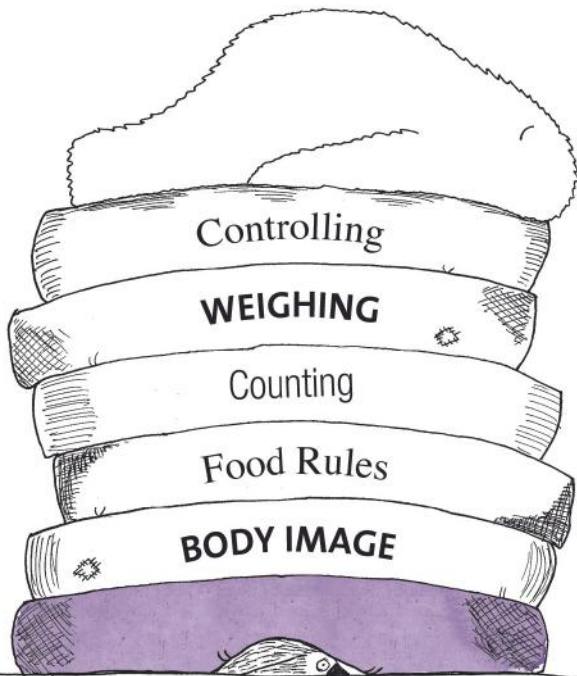
Who decides what looks good?

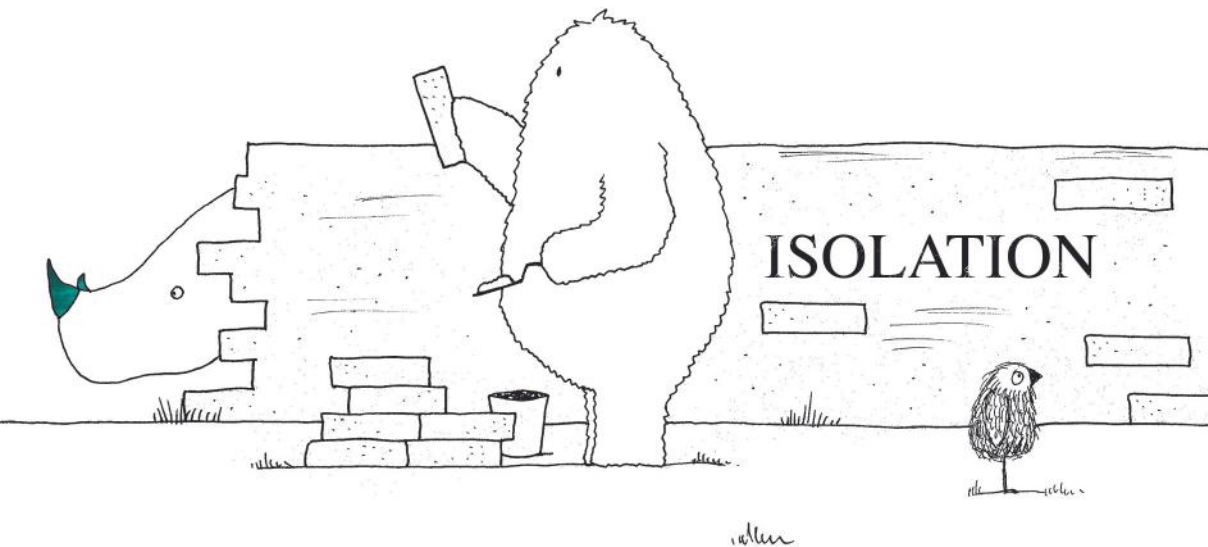


What does your heart say?



What's weighing you down?

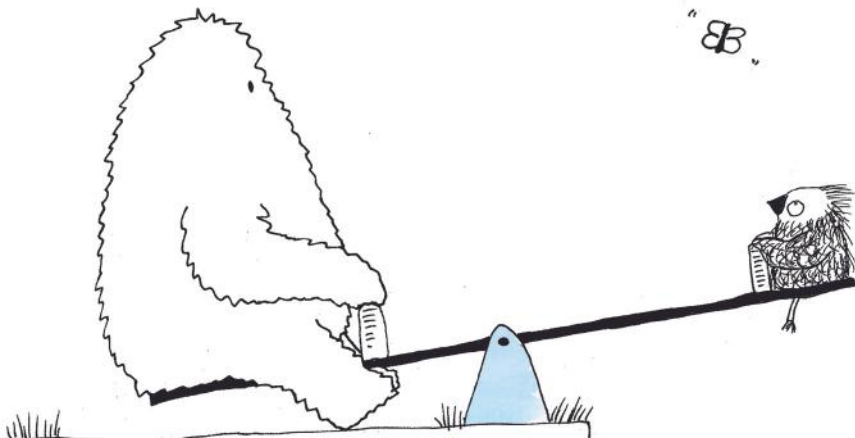




When do you feel most alone?



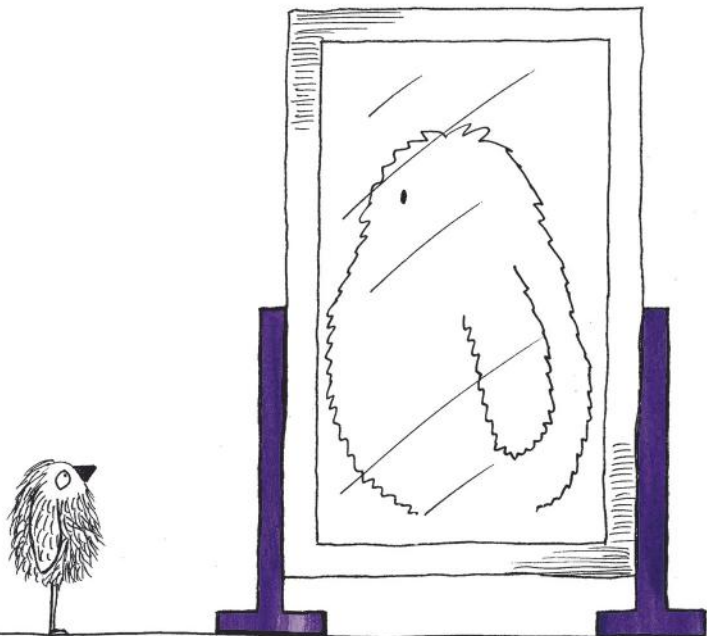
[Go to thumbnails](#)



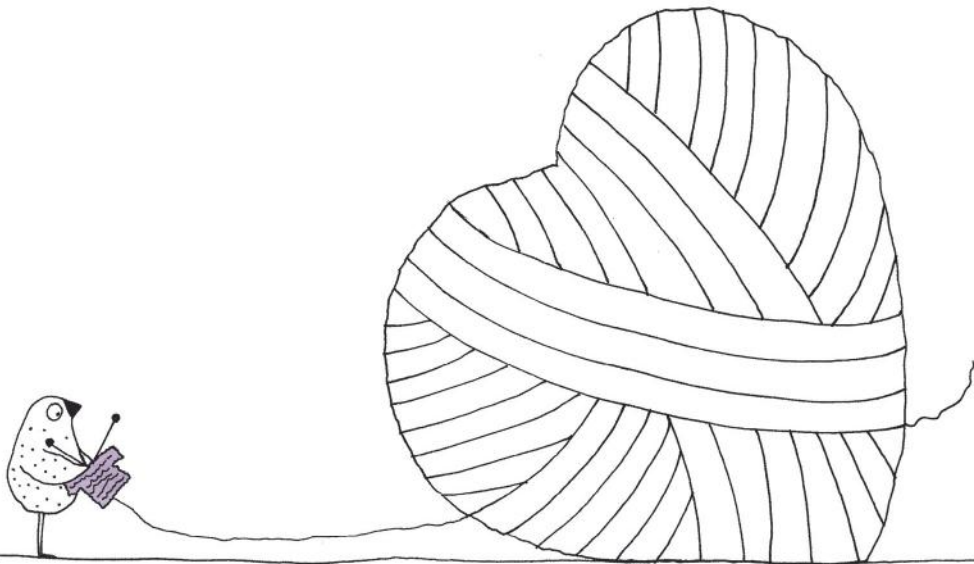
What really brings you balance?



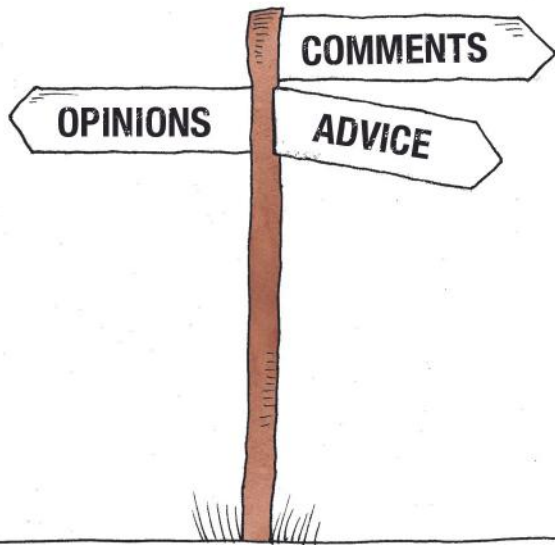
What do you see when you look in the mirror?



What can you do to take care of yourself today?

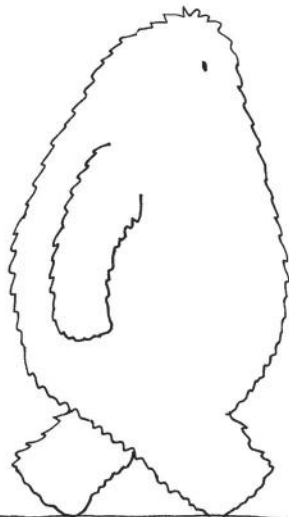


[Go to thumbnails](#)



How do you know what's worth listening to?



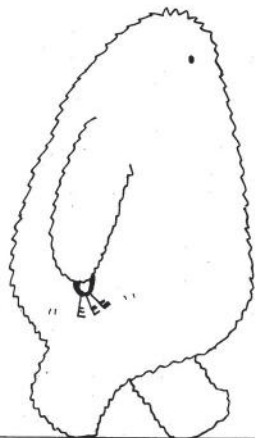


How do eating disorders affect the body?

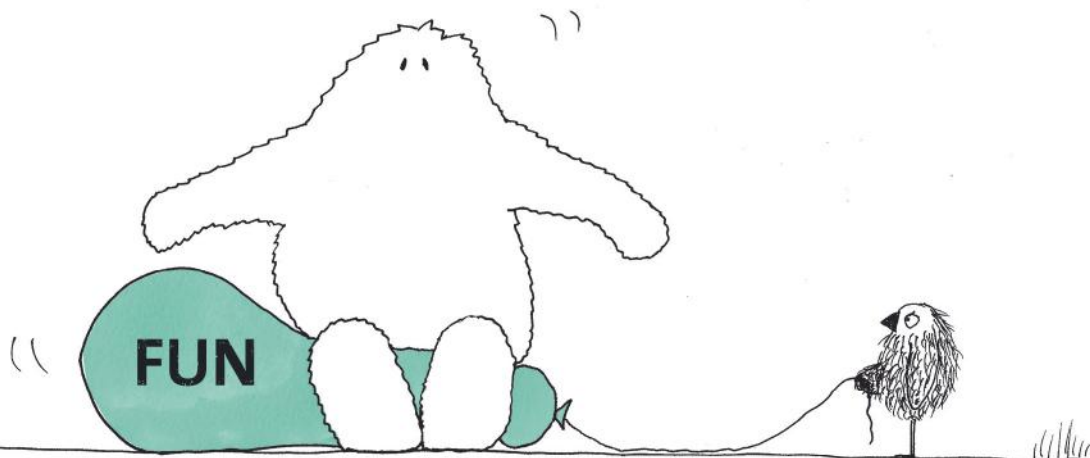


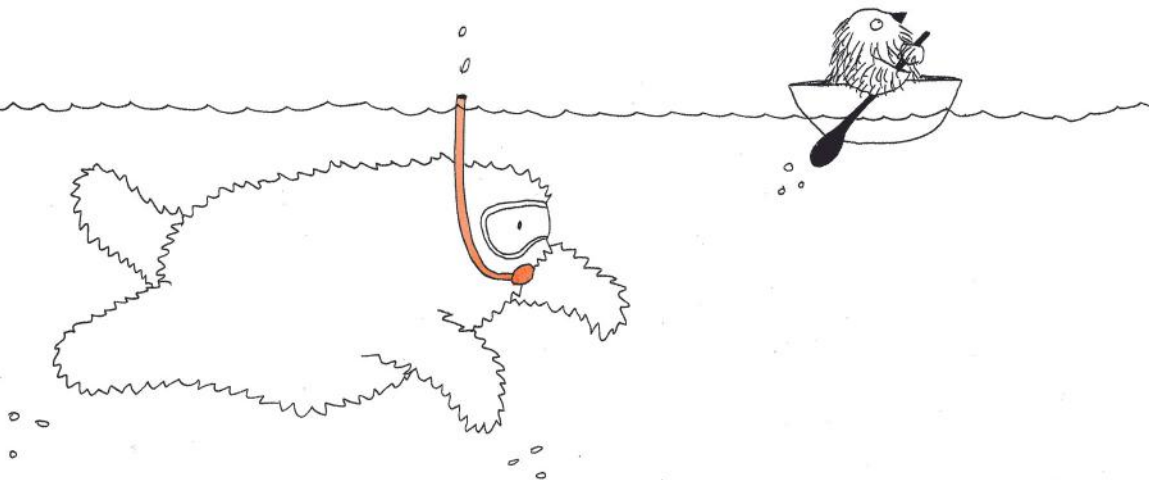
[Go to thumbnails](#)

What is freedom to you?



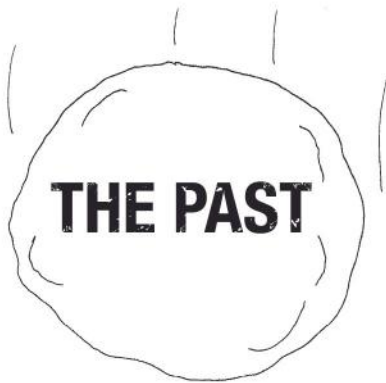
How can you reclaim some fun?





How do you know you are moving into dangerous waters?





What helps you step away from the past?



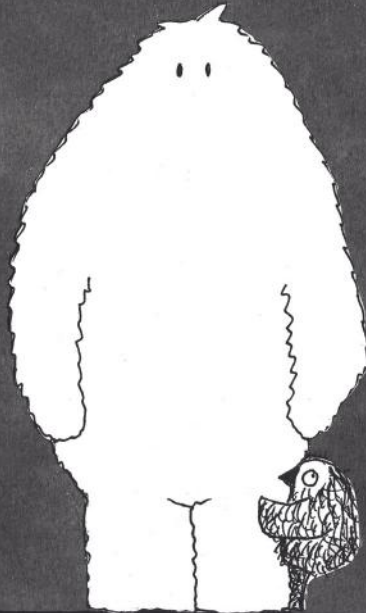
[Go to thumbnails](#)



Who are you beyond the problem?



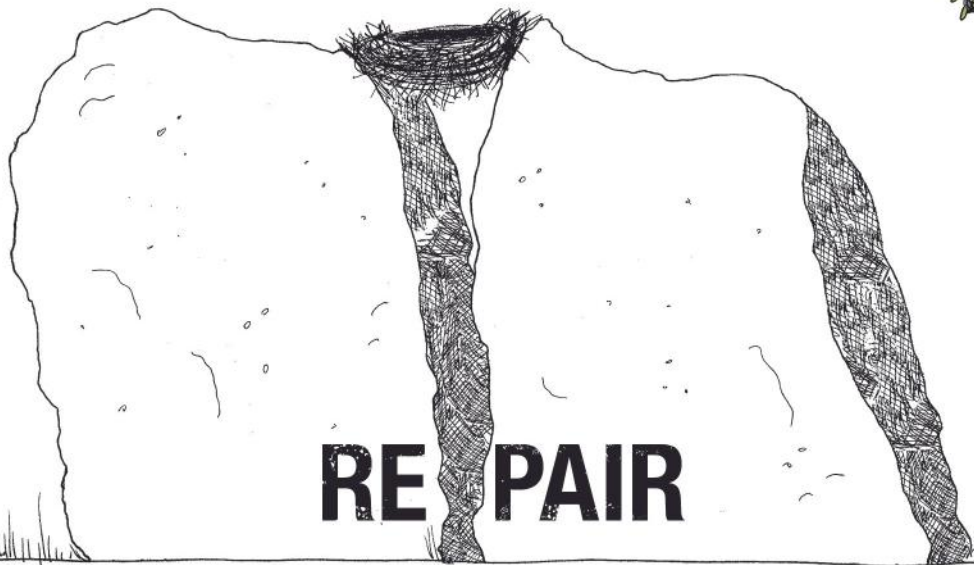
What are you most afraid of?




How do you know when things are going well?

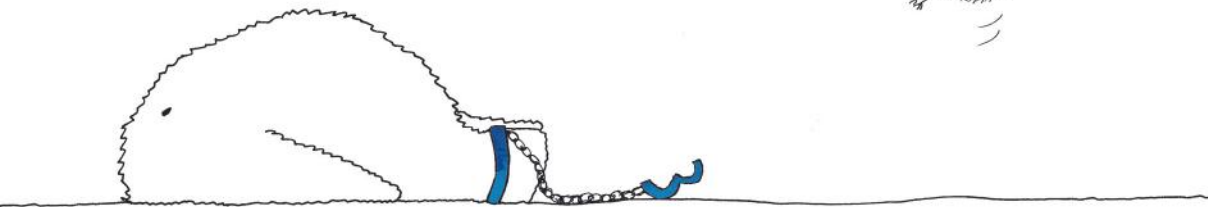


What are the little things that help?

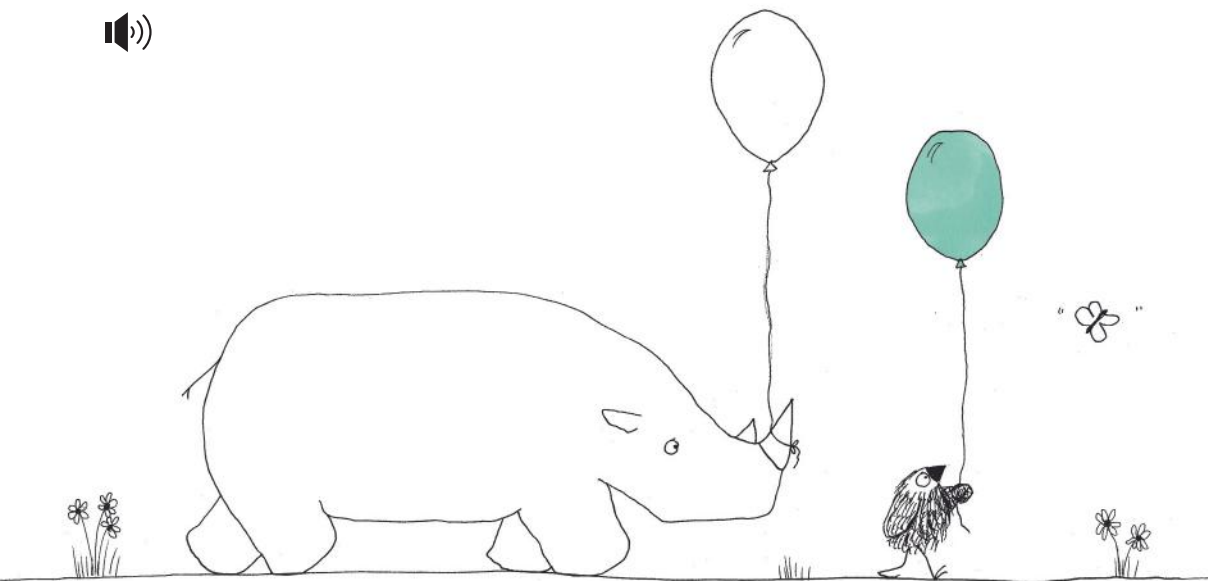


[Go to thumbnails](#)

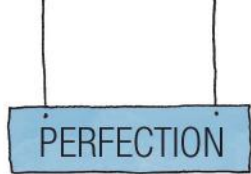
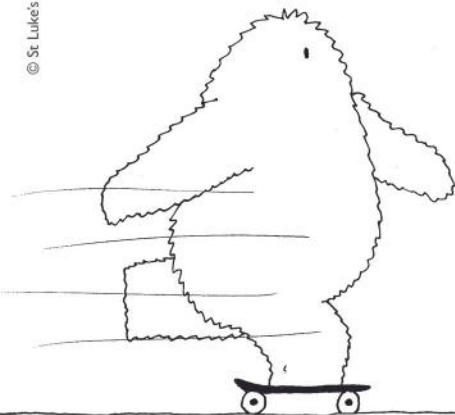
Can you imagine?




What makes a good day?



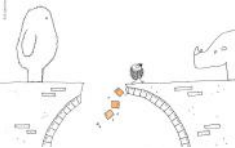
[Go to thumbnails](#)



Can perfection ever be reached?



Can you stay focused on recovery, even when it's scary?



Where will it lead?

What else is on the order?



What is worth keeping?



What does the rising ladder mean to you?



How could you turn it around?



Who else is killing with a shadow companion?



What helps you face everyday challenges?



What helps ease the pain?



Who is in the driver's seat?



Where do concrete and ties lead?



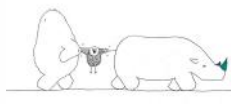
What keeps you going?



How could you lighten the load?



Is it really possible to hold onto both?



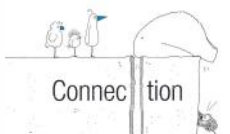
What if you surprised yourself?



What helps you think clearly?



What gives you the strength to connect?



What happens when eating disorders cooperate?



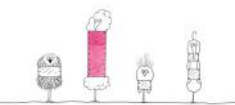
How do you rest, even for a moment?



What are you building blocks towards recovery?



Who decides what looks good?



What does your heart say?



What's weighing you down?



When do you feel most alone?



What really brings you balance?



What do you see when you look in the mirror?



© 2010-2011 Dan Post

What can you do to take care of yourself today?



© 2010-2011 Dan Post

© 2010-2011 Dan Post

OPINIONS
COMMENTS
ADVICE



How do you know what's worth listening to?



How do eating disorders affect the body?

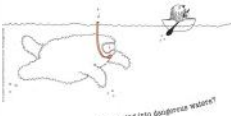
© 2010-2011 Dan Post

What is freedom to you?



© 2010-2011 Dan Post

How can you realize some fun?



How do you know you are turning into conference material?

THE PAST



What helps you step away from the past?

© 2010-2011 Dan Post



Who are you beyond the grades?

© 2010-2011 Dan Post

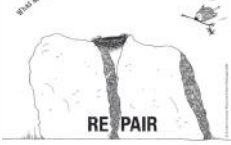
What are you most afraid of?



How do you know when things are going well?



What are the little things that help?



Can you imagine?



What makes a good day?



© 2010-2011 Dan Post

PERFECTION



Can perfection ever be reached?