

**About recovered anorexic, author,
and counselor, Laurie Glass.**

Laurie Glass has a Masters degree in Christian Counseling and is a Licensed Pastoral Counselor. Laurie has been supporting women with eating disorders since she recovered in 2003. This is her heart work.

Laurie is the author of *Journey to Freedom from Eating Disorders*, a practical and personal book that explores eating disorder recovery from a Christian perspective. Visit www.freedomfromed.com, to find out more.

Many women have told Laurie that she has been an inspiration to them in their recovery. One had this to say, "She has offered practical, yet caring and sensitive advice that has kept me on a healthy path." Another has said, "By sharing her own recovery story, and reminding me of God's love for me, she played a critical role in my recovery."

Why Christian Counseling?

- Why not?
- Why not put yourself in a position to receive divine help?
- Why not get direction and inspiration from the One who created you and knows you best?
- Why not benefit from the truth of God's Word and apply its timeless principles to your recovery?
- Why not embrace a personal relationship with One who loves you and always has your best interest in mind?

If you are unsure about God playing a role in your recovery, know Laurie struggled herself in her personal relationship with the Lord. She understands what it can be like, so feel free to discuss your thoughts and feelings about God with her.

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***Freedom from
Eating Disorders,
LLC***

*Online Christian Counseling
for adult women
with eating disorders*



*Encouragement,
inspiration, support
and prayer
from recovered anorexic,
Laurie Glass*

www.freedomfromed.com

When is it beneficial to have a Christian counselor during eating disorder recovery?

For additional encouragement:

- While seeking treatment options
- After returning home from an inpatient or residential program
- During challenging times when tempted to give up
- When you need help or encouragement with completing therapist assigned homework
- While struggling to follow your meal plan
- When you need someone to talk to who can relate because she has been there herself
- While trying to find additional resources to support you in your recovery
- When you need someone to pray for you
- When you want someone to share your victories with
- When you need accountability

What you can expect from the counseling process.

Recovered anorexic and counselor, Laurie Glass, will do any of the following, and more, through the counseling process:

- Provide a safe place to talk about your eating disorder and underlying issues
- Share practical advice and tips for recovery
- Provide accountability for you in reaching your recovery goals
- Share her poems and other writings with you
- Direct you to helpful resources
- Provide encouraging words, quotes and scriptures
- Pray for you
- Help you change your thoughts
- Assist you in finding your true identity
- Share what helped her in her own recovery
- Suggest journaling exercises
- Help you in your relationship with God

How to sign up for online Christian counseling at Freedom from Eating Disorders, LLC.

You may sign up for e-mail counseling and/or live chats.

- Review the Eating Disorder Counselor page at www.freedomfromed.com
- Find the Questionnaire, then copy and paste it into the comments box of the e-mail form below it
- Answer the questions and click Send
- Use the PayPal button
- Receive up to six e-mail exchanges in a week
- For live chats, register at chat site through the link provided
- From there, e-mail Laurie to set up a time
- Pay through the chat site

Christian counseling is not for diagnosis of an eating disorder and is not a substitute for medical or professional help.