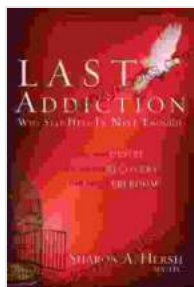


# Own Your Desire: Live Beyond Recovery, Find Lasting Freedom

By Debra L. Kaplan, PhD

In her book *Own Your Desire: Live Beyond Recovery, Find Lasting Freedom*, Debra L. Kaplan, PhD, offers a unique perspective on recovery from eating disorders and other addictions. Kaplan argues that traditional approaches to recovery, which focus on abstinence and self-denial, are often ineffective and can lead to relapse. Instead, she proposes that recovery is about owning one's desire and living a life beyond recovery.



## The Last Addiction: Own Your Desire, Live Beyond Recovery, Find Lasting Freedom by Colin Griffith

★★★★☆ 4.6 out of 5

Language : English  
File size : 1717 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 242 pages

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Kaplan's approach to recovery is based on the idea that desire is a natural and healthy part of human experience. She argues that eating disorders and other addictions are not caused by desire, but by our attempts to control or deny our desire. When we try to control or deny our desire, it only becomes stronger and more powerful. Eventually, our desire may lead us to relapse.

Instead of trying to control or deny our desire, Kaplan encourages us to own it. This means accepting that our desire is a part of us and that it is okay to have desire. It also means learning how to manage our desire in a healthy way.

Kaplan's book offers a practical guide to owning your desire and living a life beyond recovery. She provides exercises and worksheets that can help you to identify your desires, challenge your negative beliefs about desire, and develop healthy coping mechanisms.

If you are struggling with an eating disFree Download or other addiction, *Own Your Desire* is a must-read. Kaplan's compassionate and empowering approach to recovery will help you to find lasting freedom.

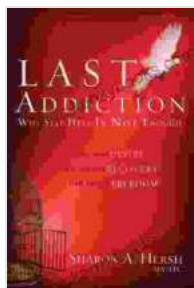
## **About the Author**

Debra L. Kaplan, PhD, is a clinical psychologist and eating disFree Download specialist. She is the author of several books on eating disFree Downloads and recovery, including *The Eating DisFree Downloads Sourcebook* and *Recovery from Eating DisFree Downloads: A Step-by-Step Guide*. Kaplan is also the founder of the Center for Eating DisFree Downloads Recovery in Los Angeles, California.

## **Reviews**

"*Own Your Desire* is a groundbreaking book that challenges traditional approaches to recovery from eating disFree Downloads and other addictions. Kaplan's compassionate and empowering approach will help you to find lasting freedom." - **Elyse Resch, MS, RDN, CEDRD-S, Fiaedp, author of *Intuitive Eating***

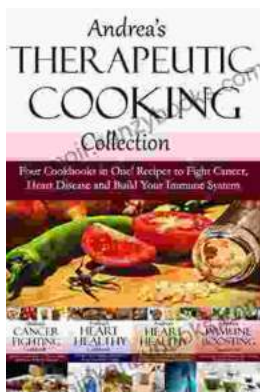
"Own Your Desire is a must-read for anyone struggling with an eating disFree Download or other addiction. Kaplan's practical and compassionate approach will help you to understand your desires and develop healthy coping mechanisms." - **Carolyn Costin, MD, FAED, CEDS, author of 8 Keys to Recovery from an Eating DisFree Download**



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