

Caroline Miller Coaching

Description:

Eating Disorder Coach I am an eating disorder coach who works with women who are committed to overcoming bulimia, anorexia and binge-eating disorder. I do not take the place of a therapist; I am a recovered bulimic with many years of experience in the eating disorder field who can help someone with an eating disorder set weekly and monthly goals toward overcoming their eating disorder and helping them to create a future that is filled with the activities, people and work that bring them joy. As an eating disorder coach, I am completely committed to my clients and I am in frequent phone and email contact as I help them set and achieve their goals. This is the newest form of treatment in the eating disorder field, and when used alone or in conjunction with therapy and support groups, it can completely transform a person's life. Another beauty of having an eating disorder coach is that you don't have to be in the same place as your client, and it is so flexible that it can fit i

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