Making Peace with Your Plate
By Robyn Cruze and Espra Andrus, LCSW

Eating Disorder Recovery

A therapist and an recovered eating disorder survivor come together to deliver expert guidance for readers with eating disorders, their loved ones, and the treating professionals.

Anorexia Nervosa has the highest mortality rate of any mental illness. Binge Eating Disorder (BED) and Bulimia Nervosa deliver misery and death. With its distinct three-tier approach to nutritional healing, Making Peace with Your Plate smashes the illusion of control, the power, and the lies of the deadly illness of disordered eating, providing a practical plan for long-term recovery.

“Robyn and Espra not only provide much hope, but also concrete tools to help make recovery from eating disorders a reality.” — Jenni Schaefer Author of Almost Anorexic, Life without Ed, and Goodbye Ed, Hello Me

“Making Peace with Your Plate is a refreshing and meaningful book to help you or a loved one recover from an eating disorder. What makes this book stand out is its unique format of alternating chapters. There is a ‘story chapter,’ which chronicles Robyn Cruze’s recovery, followed by a ‘therapist chapter,’ which offers practical tools from seasoned eating-disorder therapist, Espra Andrus. Together this unique approach creates a powerful synergy.” — Evelyn Tribole, MS, RD, Coauthor of Intuitive Eating

“I recommend this book to anyone struggling with internal/interpersonal conflicts—regardless of their source.” — Kay L. Dea, DSW Professor & Dean Emeritus University of Utah College of Social Work
About the Authors

Robyn Cruze is a coach, speaker, and author who specializes in inspiring individuals to define their own beauty, worth, and purpose as a payoff to eating disorder recovery. Robyn found recovery from an eating disorder that had crippled her spirit for over a decade and is now sharing her experience with others. She lives in Colorado with her husband and two daughters.

Espra Andrus, LCSW is a clinical therapist who has specialized in working with individuals suffering with the full spectrum of eating disorders for almost two decades. She worked with Center for Change, a premier eating-disorder treatment program in Utah, for ten years. She now has a private practice in southern Utah.

Q & A with Robyn Cruze and Espra Andrus

Describe Making Peace with Your Plate.

Making Peace with Your Plate is the missing link in the world of eating disorder recovery; therapist and eating disorder survivor come together as experts from both sides of the couch to deliver unique tools and profound identification for readers with eating disorders, their families, and interested others. Every step we provide in the book will bring readers closer to regaining their strength, passions, identity, and the true power within them. As the reader courageously discovers his or her identity and acts from a place of honoring it, he or she slowly quiets the voice of the illness until it ultimately dissolves.

How does this book address recovery?

Making Peace with Your Plate moves beyond the contemplation of recovery into action. Its concrete and straightforward approach shows the reader exactly how to proceed. This provides the reader with a safety net in which to practice recovery and life skills, doing what is needed and helpful instead of what is deemed “good” or “bad,” or how things “should” or “shouldn’t” be.

Who is your target audience for this book?

With an estimated 70 million people worldwide suffering from an eating disorder, there is no shortage of potential readers desperately seeking help.

This book will attract an audience that encompasses the twelve to twenty-five age group that accounts for an estimated 95 percent of reported eating disorder sufferers, plus their family and friends, as well those younger and older who are seeking help.

It will also include those in the general population, such as clergy, educators, and others who are interested in developing their understanding and knowledge of eating disorders.

Sales Points

- A groundbreaking format that combines cutting-edge tools with an emotionally visual story.
- Introduces a never-before-seen combination of three phases to help normalize eating.
- Breaks down an extremely complicated subject, converting technical language into a visual blueprint of recovery, where the reader begins to conceptualize a life beyond eating disorder.