

from bulimia
to self-love



WORKBOOK

by anja bas

Dear reader, I too once battled eating disorders.

Oh, yes, I do know eating disorders. I struggled with bulimia and anorexia for ten long years, but I felt like we were best friends. I really thought this was a lifestyle that served me, made me a better person and enabled me to be in control of my life. I, too was "only cautious about eating healthy food", "only taking care of myself properly", "only caring about making myself a better person".

My best friend completely obsessed and nearly killed me.

Allow me to introduce myself. My name is Anja Bas. In Slovenia, my home country, most people recognize me as a singer-songwriter. My music is mostly inspired by a victory over an eating disorder in my teenage years. Being unable to quit, I led a destructive, bulimic lifestyle for almost ten years. Singing was literally the only thing I lived for during that time. I forcefully decided to get well in the moment I realized that the damage from bulimia was negatively influencing my ability to sing.

In December 2015 I decided to release my autobiography called »Lacna življenja« (literally, "Hungry for Life"; but the official English translation is titled »[FROM BULIMIA TO SELF-LOVE](#)«).

The book drew a lot of media interest and unexpectedly became a commercial success, being presented on the national and many commercial television and radio stations, numerous magazines and newspapers. The media response was huge, and numerous inspired [readers reached to me with their praise and support](#). All this made me decide to have the book translated into English so that I could also share my story with a larger audience and try to help all those whose battles with eating disorders still carry on.

As far as I can tell, pretty much anybody who hasn't experienced eating disorders, doesn't really understand them. Even I had trouble »figuring them out«, despite my own ten-year-long experience. Luckily, I did manage to win the battle.

But not only did I win, I learned to understand my disease. After, I started to love myself and my life. Then I started to THRIVE. I broke free from all my limiting beliefs. I started living the life I always wanted.

Nowadays, I'm perfectly healthy and genuinely happy. I love to use my experience to help young people find their own way of healing themselves.

If you really want to get [FROM BULIMIA TO SELF-LOVE](#), you first have to understand your disease.

So why are eating disorders so difficult to understand?

- They derive from deeply repressed **emotional distress**
- »Problems with food« are **consequences** of that distress (food is not the main problem)
- They are a form of **addiction** (food becomes a means of control, one becomes addicted to the idea of control)
- The diseased seem to **hide or deny** their disease for a long time (even from themselves)
- Healing can be successful only after the diseased knows **why** they want to heal

So if you really want to heal, the first two steps would be to:

1. Admit your problem: »I have eating disorders.«
2. Decide: either you want to stay sick, or you want to get well.

Take full responsibility for your decision and, consequently, your health. You're the only one who can heal you. Then confront yourself.

EATING DISORDERS: My confrontation

Having experience with bulimia and anorexia, I'd recommend doing a thorough, in-deep research on your childhood. This part of recovery is VERY important. A quarter of my book is dedicated to finding my childhood grudges, critical events, sad memories, injustices and negative beliefs.

I did the whole research in a few months and since then, my life keeps on getting better every day. You can find whole detailed research inside „[FROM BULIMIA TO SELF-LOVE](#)“ book.

Usually, **childhood** is where eating disorders are rooted, at least for me it was. In my case, it all derived from a bunch of negative beliefs that I learned as a child. If you're willing to dig deep enough, you can learn why the disease occurred in the first place.

You'll have to uncover some sad childhood memories:

- *find out who hurt you and how* (and forgive everybody, yourself included),
- *understand* the role of your parents, grandparents, peers, school workers and some specific events.

It's a lot of work, but I promise you, it's really worth it!

In the process of healing, I tried many things, but nothing really worked. That's why I invented my own, successful and profound way of dealing with my past. I described the full »**recipe**« in my book. It's far too extensive to describe it all here, but this should give you a rough idea. Part of the recipe was finding my:

- 15 »Iron Chunks« (painful childhood memories, injustices, unfair events) that led to specific negative beliefs
- 5 »Golden Grains« (my talents, some events that silently confirmed my value, my worthiness)
- a Magnet that connected all the Iron Chunks in one heavy lump that made me sink.

EATING DISORDERS: Your confrontation

Now, if you're facing eating disorders, I would like to encourage you to find your own Iron Chunks. The questions to ask yourself are:

1. Which events, starting from my childhood days, have influenced me? Which can I not overcome? Which still hurt me?

2. Which resentments do I hold? Towards whom? Who hurt me? How?

3. Why/when did I start believing that I was unworthy of love, worthless, ugly, unwanted? Which negative beliefs do I hold?

4. Who affected me in negative ways? How can I forgive them (especially if they are already deceased and can't apologize)?

5. What do I compensate food for? Do I repress some negative feelings? Which?

6. Is food intake control a means of controlling my life? Why do I need to be in control? How else can I be in control of my life?

7. Who will I be without eating disorders? Why can't I give it up (just yet)?

Print this document out and write down your own answers!! Be honest in facing your demons. The more honest you're willing to be, the more relief (and understanding) you can expect. Wouldn't that be great??

And yes, I did answer all those answers to myself when the time came for my ultimate healing. I cried a lot, I was in emotional distress but after that, I was relieved. I really am happy I didn't shy away from the pain. Sometimes pain is a good thing, as it can show you, where you still have work to do.

Do you really want to leave EATING DISORDERS behind?

If you answered »yes«, I urge you to read „[FROM BULIMIA TO SELF-LOVE](#)“, as the information inside might open your eyes and help you on your path to recovery! But my »recipe« for healing can ONLY help you, if you're willing to change and take full responsibility for your health.

I've done a extensive research to really understand everything about my own disease:

- INFLUENCES: WHO and HOW contributed to my disease
- PERSONALITY TRAITS: what made me a possible bulimia victim
- PERSONAL STORY: raw and uncensored story of my 10-year-long life with bulimia
- MY RECIPE: how I managed to fully recover (using my Golden Grains)
- 10 other personal eating disorder stories

The whole process of healing is described in my book. I write about facing myself and forgiving everybody that hurt me. It took me 6 months to do that, but having known what I know today, it would be a lot faster. You can take advantage of my knowledge and learn from my mistakes. You don't have to do it all by yourself and repeat the same mistakes over and over again.

Oh, and [click here to see](#) what other readers have to say about their experience with „From Bulimia To Self-Love“ book! ;)

You can beat EATING DISORDERS!

From painful to pleasant work: Now I'd like to encourage you to find your Golden Grains:

1. What activities are you so passionate about, that you forget even about your need to diet/binge/purge? What makes you forget about eating disorders?

2. What beloved hobby do you resort to when feeling stressed/sad/angry?

3. What are your talents? What are you passionate about?

4. What's »bigger than your life«? What talents were you blessed with? (For me, that was music and singing)

IMPORTANT: Do not underestimate those questions!!! They are KEY to a successful healing. In the toughest moments, having enormous passion for singing, made me forget about eating disorders, food or diet in general.

Don't worry about negative comments from your surroundings. Your significant others might imply that your hobbies »won't pay your bills«, to »get a real job instead«, and »grow up and stop dreaming«.

They couldn't be more wrong!! HOW and WHY could anyone know what makes YOUR heart sing? It doesn't really matter whether your hobby will turn into a dream job or not. Its purpose is to make you happier in the here and now. Don't worry about the future so much. Your job is to feel good here and now. So do more of what makes you happy. That's all there is to it!

Only you know, what makes you happy. It could really be anything: music, singing, painting, walking a dog, petting a cat, wild berry picking in the nearby forest, ice-skating, roller-skating, kitesurfing, meditating with friends, snowboarding, skiing, hiking, biking, writing poetry or books or lyrics, playing an instrument, dancing...

My love for music was the only reason for my decision to overcome bulimia. Being unable to sing at that time and nearly losing my voice made me realise the true cost of my eating disorder.

So ask yourself:

- what did eating disorders already take away from you?
- are you willing to just accept that and sacrifice your life purpose?
- and for what, exactly? You know where you're headed with this lifestyle, don't you?

I'd face a sad ending if it wasn't for music. So, to all you beautiful people (yes, you are beautiful, don't roll your eyes!), facing eating disorders: find your PURPOSE, your life meaning, your deeply buried desires, dreams, visions! Parents, friends, your mission is to encourage them in doing so! No prejudice, no accusations or unnecessary critique, no judgement – sincere encouragement only – it's all young people need. Do not underestimate getting professional help (which is very much needed), but still keep on finding your purpose.

Wouldn't it be nice if you could stop the self-destructive madness? If you could stop obsessing over things that don't really matter? If you could say goodbye to eating disorders once and for all? To accept your body for what it is? Embrace everything you are, all the imperfections included?

Well, it turns out you CAN! I really believe that information I provide in my book is sufficient to ignite your desire for well-being again. Now go get it and [START LIVING!](#)

I believe in you, and trust me – you can win this battle. I did, so I can tell.

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