



# Coloring for Recovery from Bing Eating Disorder: Original Art and Writing Prompts for Healing

*Christina Fisanick Greer PhD*

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Christina Fisanick Greer PhD

Christina Fisanick Greer, Ph.D. combines her expertise as a writing teacher and author of more than 30 books with her firsthand experience in recovery from binge eating disorder to create a coloring book for healing. Each coloring page is hand drawn and inspired by a quote from an eating disorder expert. The opposite page contains a set of questions for reflection so the user can journal their thoughts. It is the perfect combination of coloring, writing, and meditation.

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