



Eating Disorder Resources

Websites

- National Eating Disorders Association (NEDA)
<http://www.nationaleatingdisorders.org/information-resources/general-information.php#body-image-issues>
- *Proud 2B Me* is a website created by NEDA for teens who struggle with eating disorders and related issues. <http://proud2beme.org/>
- National Association of Anorexia Nervosa and Associated Disorders (ANAD)
<http://www.anad.org/get-information/about-eating-disorders/eating-disorders-statistics/>
- Emotion-Focused Family Therapy:
<http://www.emotionfocusedfamilytherapy.org>
- Mental Health Foundations:
<http://www.mentalhealthfoundations.ca/resources>

BOOKS & WORKBOOKS:

- *Inside Anorexia: The Experiences of Girls and Their Families*
Authors: Christine Halse, Anne Honeoy , & Desiree Boughtwood
- *Beating Ana: How to Outsmart Your Eating Disorder and Take Your Life Back*
Author: Shannon Cutts
- *Feeding the Starving Mind: A Personalized, Comprehensive Approach to Overcoming Anorexia and Other Starvation Eating Disorders*
Author: Doreen A. Samelson, Ed.D., MSCP
- *The Anorexia Workbook: How to Accept Yourself, Heal Your Suffering, and Reclaim Your Life (New Harbinger Self-Help Workbook)*
Authors: Michelle Heffner, MA, Georg H. Eifert, PhD



- **The Rules of “Normal” Eating: A Commonsense Approach for Dieters, Overeaters, Undereaters, Emotional Eaters, and Everyone in Between!**

by Karen R. Koenig, LCSW, M.Ed
- **Intuitive Eating, 3rd Edition**

Authors: Evelyn Tribole M.S., R.D., Elyse Resch M.S., R.D.
- **Andrea’s Voice: Silenced by Bulimia: Her Story and Her Mother’s Journey Through Grief Toward Understanding**

Author: Doris Smeltzer With: Andrea Lynn Smeltzer
- **Brain over Binge: Why I Was Bulimic, Why Conventional Therapy Didn’t Work, and How I Recovered for Good**

Author: Kathryn Hansen
- **It Started With Pop-Tarts... An Alternative Approach to Winning the Battle of Bulimia**

Author: Lori Hanson
- **The Mindfulness and Acceptance Workbook for Bulimia: A Guide to Breaking Free from Bulimia Using Acceptance and Commitment Therapy (New Harbinger Self-Help Workbook)**

Authors: Emily K Sandoz, Kelly G Wilson, Troy Dufrene
- **Crave: Why You Binge Eat and How to Stop**

Author: Cynthia M. Bulik, Ph.D.
- **Anatomy of a Food Addiction: The Brain Chemistry of Overeating: An Effective Program to Overcome Compulsive Eating (3rd Edition)**

Author: Anne Katherine, MA
- **Women, Food, & God**

Author: Geneen Roth



- **Overcoming Binge Eating, Second Edition: The Proven Program to Learn Why You Binge and How You Can Stop**

Edited by Christopher G. Fairburn, DM, FRC Psych

- **If Your Adolescent Has an Eating Disorder: An Essential Resource for Parents (Adolescent Mental Health Initiative)**

Authors: B. Timothy Walsh, M.D., V. L. Cameron

- **Why She Feels Fat: Understanding Your Loved One's Eating Disorder and How You Can Help**

Authors: Johanna Marie McShane, Tony Paulson

- **Surviving an Eating Disorder**

Authors: Michelle Siegel, Ph.D., Judith Brisman, Ph.D., Margot Weinschel, Ph.D.

- **Talking to Eating Disorders: Simple Ways to Support Someone With Anorexia, Bulimia, Binge Eating, Or Body Image Issues**

Authors: Jeanne Albronda Heaton, Ph.D., Claudia J. Strauss

Apps for Recovery:

- Rise Up Recover
- Body Beautiful
- Cognitive Diary CBT Self-Help
- Gratitude Journal
- Happify
- Mindfulness Bell
- Optimism
- Recovery Record

Helpful Resources When Caring for a Loved One with an Eating Disorder

Books



Caregiving – life span

Treasure, J., Smith, G. & Crane, A. (2017). *Skills-based learning for caring for a loved one with an eating disorder: The new Maudsley method (2nd ed.)*. Abingdon, Oxfordshire, England: Routledge.

Caregiving- adolescent:

Lock, J. & Le Grange, D. (2015). *Help your teenager beat an eating disorder (2nd ed.)*. New York, NY: Guilford Press

Caregiving –child and adolescent:

Boachie, A., & Jasper, K. (2011). *A parent's guide to defeating eating disorders: Spotting the stealth bomber and other symbolic approaches*. London, England: Jessica Kingsley.

Self-help – adult; useful exercises for caregivers to use with loved ones:

Heffner, M., & Eifert, G. H. (2008). *The anorexia workbook: How to accept yourself, heal your suffering, and reclaim your life*. Oakland, CA: New Harbinger.

Self-help – adult; useful exercises for caregivers to use with loved ones:

McCabe, R. E., McFarlane, T. L., & Olmstead, M. P. (2003). *The overcoming bulimia workbook: Your comprehensive step-by-step to recovery*. Oakland: CA: New Harbinger.

Support

Eating Disorders Anonymous

<http://www.eatingdisordersanonymous.org>

**The above links and resources are simply for informational use and are in no way meant to be used for diagnostic or endorsement purposes. It is recommended that professional help be sought out by anyone who is unsure of what type of treatment or level of care would best suite their personal needs. Please note that the information and/or site listings may change over time.*