



Good Books



eating disorders *anonymous*

Good Books

Albers, Susan, ***Eating Mindfully: How To End Mindless Eating and Enjoy a Balanced Relationship With Food*** (Oakland: New Harbinger Publications, Inc., 2003).

American Psychiatric Association Practice Guidelines for the Treatment of Psychiatric Disorders Compendium 2006, "Practice Guidelines for the Treatment of Patients with Eating Disorders. Third Edition" (Arlington: American Psychiatric Association Press, 2006) 1097-1222.

Bacon, Ph.D., Linda, ***Eat Well: An Activist's Guide to Improving Your Health and Transforming the Planet*** (San Francisco: Linda Bacon, 2005). Available through <http://www.lulu.com/LindaBacon>

Baker, Catherine, ***FED UP, College Students & Eating Problems*** (Carlsbad: Gürze Books, 2003).

Berg, Frances, ***Children and Teens Afraid To Eat: Helping Youth in Today's Weight-Obsessed World*** (Hettinger: Healthy Weight Publishing Network, 2001). Available through <http://www.healthyweight.net/>

Bulik, Cynthia, ***Crave: why You Binge Eat and how to Stop***, Walker & Co., 2009

Carlton, Pamela, M.D., ***Take charge of Your child's Eating Disorder*** Marlowe and Company, New York, 2007.

Chödrön, Pema, ***When Things Fall Apart*** (Boston: Shambhala Publications, Inc., 1997). American-born Tibetan Buddhist nun—teaches meditative practices. A good start: Good Medicine audiotope or CD available through Sounds True, (800) 333-9185 or <http://www.soundstrue.com/>

Collins, Laura, ***Eating With Your Anorexic: How My Child Recovered Through Family-Based Treatment and Yours Can Too*** (New York: McGraw Hill Co., Inc., 2005).

Costin, Carolyn, ***The Eating Disorder Source Book: A Comprehensive Guide to the Causes, Treatment and Prevention of Eating Disorders*** (New York: McGraw Hill Co., Inc., 1999).

More from Carolyn: The newest edition of the Eating Disorder Sourcebook (completely re-written 10-year anniversary edition). McGraw Hill, NY 2007.

A very thorough guide that is both clinician, family and client friendly. The new format can be either read like a traditional book, or examined one chapter or section at a time.

2. 100 Questions and Answers About Eating Disorders. Jones & Bartlett, NY 2007

This is an easy to read how, when and where book that serves as a quick reference guide to anyone wanting to learn more about eating disorders. The style is friendly and warm and important professional information is included with the confidence and expertise acquired over 30 years of personal experience.

Dellasega, Cheryl. (2005). ***The Starving Family; Caregiving Mothers and Fathers share their Eating Disorder Wisdom***. Champion Press.

Fairburn, Dr., Christopher (1995) ***Overcoming Binge Eating***. New York: The Guilford Press

Fraser, L. (1997). ***Losing It: America's Obsession with Weight and The Industry That Feeds on It***. New York: Dutton

Friedman, S.S. (1997) ***When Girls Feel Fat: Helping Girls Through Adolescence***. Toronto, Canada: Harper Collins

Herrin, Marcia & Matsumoto, Nancy. ***The Parent's Guide to Eating Disorders***. (2007) Gurze Books.

Kater, Kathy. (2004) ***Real Kids come in All Sizes; Ten Essential Lessons to build Your child's Body Esteem***. New York. Broadway Books.

Lesser, Elizabeth (1999) ***The New American Spirituality: A Seeker's Guide***. Random House

Maine, Ph.D., Margo (2000) ***Body Wars: Making Peace with women's Bodies***. Gurze Books.

Maine, Ph.D., Margo (1991) ***Father Hunger: Fathers, Daughters & Food***. California: Gurze Books.

<p>Maine, Ph.D. Margo & Kelly, Joe (2005). The Body Myth: Adult women and the Pressure to Be Perfect. John Wiley & Sons.</p>
<p>Maine, Margo; Davis, William, Shure, Jane (2009). Effective Clinical Practice in the Treatment of Eating Disorders. Routledge.</p>
<p>Maine, Margo; McGilley, Beth; Bunnell, Douglas (2010). Treatment of Eating Disorders: Bridging the Research-Practice Gap. Elsevier Inc.</p>
<p>Marx, Russell (1992) It's Not Your Fault: Overcoming Anorexia & Bulimia Through Biopsychiatry. Penguin USA.</p>
<p>McShane, Johanna Marie, Ph.D. & Paulson, Tony, PhD (2008). Why She Feels Fat. Gurze Books</p>
<p>Natenshon, Abigail H. (1999). When Your Child Has An Eating Disorder: A Step-by-Step Workbook for Parents and Other Caregivers. San Francisco: Jossey-Bass, Inc.</p>
<p>Newman, Leslea (1992) SomeBody To Love: A Guide to Loving the Body You Have. Third Side Printing.</p>
<p>Neumark-Sztainer. (2005) I'm, like, So Fat!" Helping Your Teen Make Healthy Choices about Eating and Exercise in a Weight-Obsessed World. New York: The Gillford Press.</p>
<p>Normandi, Carol & Roark, Laurelee (1998). It's Not About Food: Ending Your Obsession With Food and Weight. New York: Putman and Over It: A Teen's Guide To Getting Beyond Obsessions With Food and Weight. Novato: New World Library (2001).</p>
<p>Pipher, Mary (1995). Hunger Pains. New York: Ballentine Books.</p>
<p>Pipher, Mary (1994). Reviving Ophelia. New York: Ballentine Books.</p>
<p>Roth, Geneen (1984). Breaking Free From Compulsive Overeating. New York: Plume Book</p>
<p>Sacker, Ira & Marc Zimmer (1987). Dying To Be Thin. Warner Books.</p>
<p>Satter, Ellyn (1987). How To Get Your Kid To Eat...But Not Too Much. California: Bull Publishing Company</p>
<p>Schaefer, Jenni (2004). Life Without Ed; How One woman Declared Independence for Her Eating Disorder and How You Can Too. McGraw-Hill.</p>

Schaefer, jenni (2009). Goodbye ED, Hello Me. McGraw Hill.
Siegel, Michelle; Brisman & Weinshel, Margot (1988). Surviving An Eating Disorder: Strategies for Family and Friends. HarperPerennial.
Shepphird, Sari (2009). 100 questions and Answers about anorexia Nervosa. Jones and Bartlett Publishers, LLC
Smith, Gráinne (2004). Anorexia and Bulimia in the Family; One Parent's Practical Guide to Recovery. Wiley.
Treasure, Janet; Smith, Gráinne; Crane, Anna (2007). Skills-based Learning for Caring for a Loved One with an Eating Disorder; the New Maudsley Method. Routledge.
Wann, M. (1998) Fat/So? Berkeley: Ten Speed Press.
Wolfe, N. (1991). The Beauty Myth. William Morrow & Co.

Many of the books listed are available through GÜRZE Catalogue of Books on Eating Disorders. Call for a free catalogue (800) 756-7533 or see their web site at <http://www.gurze.com/>.

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