



Selected books that may be helpful

The following list of books is available through Gurze Books, which specializes in publishing and distributing books and materials on eating disorders. www.gurze.com

Bulimia: A Guide to Recovery (1998) Lindsey Hall; Leigh Cohn

The Body Betrayed: A Deeper Understanding of Women, Eating Disorders, and Treatment (1995) Katheryn J. Zerbe, MD

Eating Disorders Sourcebook (1999) Carolyn Costin, MA

The Starving Family: Caregiving Mothers and Fathers Share Their Eating Disorder Wisdom (2005) Cheryl Dellasega, PhD

Surviving an Eating Disorder: Strategies for Family & Friends (1997) Michelle Siegel, PhD; Judith Brisman, PhD; Margot Weinschel, PhD

When Dieting Becomes Dangerous: A Guide to Understanding and Treating Anorexia and Bulimia (2003) Deborah M. Michel, PhD; Susan G. Willard, LCSW, et al.

Full of Ourselves: A Wellness Program to Advance Girl Power, Health, and Leadership (2006) Catherine Steiner-Adair, MD; Lisa Sjostrom

Preventing Eating Disorders : A Handbook of Interventions and Special Challenges (1999) Michael P. Levine, Ph.D., FAED; Niva Piran, MD; Catherine Steiner-Adair, MD

It's Not About the Weight: Attacking Eating Disorders from the Inside Out (2007) Susan J. Mendelsohn, PsyD

Inside Anorexia: The Experiences of Girls and their Families (2007) Christine Halse; Anne Honeoy; Desiree Boughtwood

Regaining Your Self: Breaking Free from the Eating Disorder Identity: A Bold New Approach (2007) Ira Sacker, MD; Sheila Buff

The Exercise Balance: What's Too Much, What's Too Little, and What's Just Right for You! (2008) Pauline S. Powers, MD; Ron Thompson

Mindless Eating: Why We Eat More Than We Think (2006) Brian Wansick, PhD

Love Your Body: Change the Way You Feel About the Body You Have (2007) Tami Brannon-Quan, PhD, CAS, MFT; Lisa Licavoli, RD, CCN

Beyond Measure: A Memoir About Short Stature and Inner Growth (2006) Ellen Frankel

Life Doesn't Begin 5 Pounds from Now (2007) Jessica Weiner

Feeling Good About the Way You Look: A Program for Overcoming Body Image Problems (2006) Sabine Wilhelm, PhD

Girls Rock! Just the Way WeAre: Wise Teens Offer Tweens & Moms Advice on Healthy Body Image, Self Esteem & Personal Empowerment (2006) Lisa Miller

Locker Room Diaries: The Naked Truth about Women, Body Image and Re-imagining the "Perfect" Body (2006) Leslie Goldman, MPH

Andrea's Voice: Silenced by Bulimia: Her Story and Her Mother's Journey through Grief toward Understanding (2006) Doris Smeltzer

Radical Recovery: A Manifesto of Eating Disorder Pride (2006) Chris Kraatz, PhD

Perfect Girls, Starving Daughters: The Frightening New Normalcy of Hating Your Body (2007) Courtney E. Martin

How I Look Journal (2007) Nan Dellheim; Molly Dellheim

100 Questions and Answers about Eating Disorders (2007) Carolyn Costin, MA, MED, MFT

Next to Nothing: A Firsthand Account of One Teenager's Experience with an Eating Disorder (2007) B. Timothy Walsh, MD; Carrie Arnold

The Parent's Guide to Eating Disorders: Supporting Self Esteem, Healthy Eating & Positive Body Image at Home (2007) Marcia Herrin, EdD, MPH, RD; Nancy Matsumoto

Why She Feels Fat: Understanding Your Loved One's Eating Disorder and How You Can Help (2008) Johanna Marie McShane, PhD; Tony Paulson, PhD

The Food and Feelings Workbook: A Full Course Meal on Emotional Health (2007) Karen R. Koenig, LCSW, MED

Pieces of a Puzzle: The Link Between Eating Disorders and ADD (2006) Carolyn Piver Dukarm, MD

You Are Not Alone: The Book Of Companionship For Women Struggling With Eating Disorders (2006) Andrea Roe

The Appetite Awareness Workbook: How to Listen to Your Body & Overcome Bingeing, Overeating & Obsession With Food (2006) Linda Craighead, PhD