



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 Sjoström

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





Gaining: The Truth About Life After Eating Disorders (2008) Aimee Liu

Mindful Eating 101: A Guide to Healthy Eating in College and Beyond (2006) Susan Albers, PsyD

The Diet Survivor's Handbook: 60 Lessons in Eating, Acceptance and Self-Care (2006) Judith Matz, LCSW; Ellen Frankel, LCSW

The Journey Toward Freedom: Rediscovering the Pleasures of Normal Eating (2006) Kate Butitta; Marna M

I'm Beautiful? Why Can't I See it?: Daily Encouragement to Promote Healthy Eating & Positive Self-Esteem (2006) Kimberly Davidson

Lying in Weight: The Hidden Epidemic of Eating Disorders in Adult Women (2008) Trisha Gura, PhD

Integrated Treatment of Eating Disorders: Beyond the Body Betrayed (2008) Kathryn J. Zerbe, MD

Inside Out: Portrait of an Eating Disorder (2007) Nadia Shivack

The Body Project, Workbook: Ten-copy Set (Treatments That Work) (2007) Eric Stice, PhD; Katherine Presnell, PhD

Real World Recovery: Intuitive Food Program Curriculum for the Treatment of Eating Disorders (2007) Rebekah Hennes, RD; Erin Naimi, RD; et al.

Skills-based Learning for Caring for a Loved One with an Eating Disorder: The New Maudsley method (2007) Janet Treasure; Grainne Smith; Anna Crane

Binge-Eating Disorder: Clinical Foundations and Treatment (2007) Michael J Devlin, MD, FAED; Martina de Zwaan, MD, FAED; Scott J. Crow, MD

I'm Still Caroline: My Story of Hope, Health, and Long-term Recovery from Bulimia (2008) Caroline Miller, MAPP, ACC

Soul Hunger (2006) Sandy Richardson, MS; Susan Wilsie Govier

Thin (2006) Lauren Greenfield; Joan Jacobs Brumberg, PhD

Woman Redeemed (2007) Diana Kline

When Your Child Is Cutting: A Parent's Guide to Helping Children Overcome Self-injury (2006) Merry E. McVey-Noble, PhD; Sony Khemlani-Patel, PhD; Fugen Neziroglu, PhD, ABBP

Unlocking the Mysteries of Eating Disorders (2007) David B. Herzog, MD; Debra Franko, PhD; Pattie Cable, RN

Clinical Manual of Eating Disorders (2007) Joel Yager, MD; Pauline S. Powers, MD

Eating and Weight Disorders(2006) Carlos Grilo, PhD

Spiritual Approaches in the Treatment of Women with Eating Disorders (2006) P.Scott Richards, PhD; Randy K. Hardman; PhD; Michael E. Berrett, PhD

Treating Bulimia in Adolescents: A Family-Based Approach (2007) Daniel Le Grange, PhD; James Lock, MD, PhD

Drawing From Within: Using Art To Treat Eating Disorders (2006) Lisa D. Hinz, PhD

Personality Disorders and Eating Disorders: Exploring the Frontier (2006) Randy A. Sansone, MD; John L. Levitt, PhD

Re-Versing the Numbers: A Poetry Notebook for Eating Disorders (In-Versing Your Life) (2006) Cynthia Blomquist Gustavson, MSW, LCSW, ACSW

What's Eating You: A Workbook for Teens with Anorexia, Bulimia, and Other Eating Disorders (2008) Tammy Nelson, MS, ATR, LADC, LPC

All Made Up: A Girl's Guide to Seeing Through Celebrity Hype to Celebrate Real Beauty (2007) Audrey D. Brashich

We Are More Than Beautiful: 46 Real Teen Girls Speak Out about Beauty, Happiness, Love and Life (2007) Woody Winfree