



Suggested Resources

Books/Audio books:

Categories:

Body Image

Anti-Diet

Autobiographies

Men and Eating Disorders

Educational

LGBTQ and Eating Disorders

Caregiver and Loved One Resources

Work Books

Recovery

Body Image:

Body Respect by Linda Bacon

Body of Truth by Harriet Brown

Body Kindness by Rebecca Scritchfield

Body Positive Power by Megan Jayne Crabbe

The Body Project by Joan Jacobs Brumberg

The Beauty Myth by Rhea Mukherjee

Befriending Your Body by Ann Saffi Biasseti

The Body is not an apology by Sonja Renee Taylor

Fat, Pretty and Soon To Be Old by Kimberly Dark

Shattered Image: My Triumph over Body Dysmorphic Disorder by Brian Cuban

Mothers, Daughters, and Body Image by Hillary McBride



Love it. 234 Inspirations and Activities to Help You Love Your Body by Jeanette DePatle

The Body Image Workbook for Teens by Julia V. Taylor PhD

Anti-Diet Books:

The F*ck It Diet by Caroline Dooner

Intuitive Eating by Evelyn Tribole

Health at Every Size by Linda Bacon

Obesity Myth by Paul Campos

Thrive at Any Weight by Nancy Ellis-Ordway

The Diet Survivor's Handbook: 60 Lessons in Eating, Acceptance and Self-Care by Judith Matz LCSW and Ellen Franekl, LCSW

Autobiographies: (Warning: May be triggering please consult with treatment team)

Life without ED by Jenni Schaefer

Goodbye ED, Hello Me: Recover from your Eating Disorder and Fall in Love with Life by Jenni Schaefer

Not All Black Girls Know How to Eat (A story of Bulimia) by Stephanie Covington Armstrong

Unbearable lightness: The Story of Loss and Gain By Portia De Rossi

Lesbian Crushes and Bulimia: A Diary On How I Acquired My Eating Disorder by Natahsa Holme



What Goes Down: The End of an Eating Disorder by Callie Bowld

Tales of a Bulimic Babe by Iris Ruth Pastor

Safety in Numbers: From 56 to 221 pounds, My Battle with Eating Disorders by Brittany Burgunder

Brain over Binge by Kathryn Hansen

How to Disappear Completely: On Modern Anorexia by Kelsey Osgood

The Body Tourist by Dana Lise Shawn

It Was Me All Along: A Memoir by Andie Mitchell

Positively Caroline: How I Beat Bulimia for Good.....and Found Real Happiness

Men and Eating Disorders:

Man Up to Eating Disorders by Andrew Walen

Shattered Image: My Triumph over Body Dysmorphic Disorder by Brian Cuban

The Skinny Boy by Gary Grahl

Weightless by Gary Grahl

My Life as a Male Anorexic by Michael Krasnow

My Thinning Years by Jon Derek Croteau

Boys Get Eating Disorders Too: Coping with Male Eating Disorders by Jenny Langley

The Invisible Man: A Self Help Guide for Men with Eating Disorders, Compulsive Exercise and Bigorexia by John F. Morgan



Male Anorexia Nervosa: A Mother and Son's Journey by Jon Sestak

Understanding Anorexia Nervosa in Males by Tom Woolridge

Current Findings on Males and Eating Disorders by Leigh Cohn

Please Eat... A Mother's Struggle to Free Her Teenage Son from Anorexia by Bev Mattocks

Making Weight: Men's Conflicts with food Weight, Shape and Appearance

Educational:

Never Satisfied: A Cultural of Diets, Fantasies and Fat by Hillel Schwartz

Understanding Teen Eating Disorders: Earning Signs, Treatment Options, and Stories of Courage by Cris Haltom, Cathie Simpson, and Mary Tantillo

Narrative Journeys of Young Black Women with Eating Disorders by Stephanie A. Hawthorne

Good Girls Don't Get Fat: How Weight Obsession Is Messing Up Our Girls and How We Can Help Them Thrive Despite it by Robyn Silverman

Trauma Informed Approaches To Eating Disorders by Andrew Seubert NCC LMHC

Nutritional Counseling in the Treatment of Eating Disorders by Marcia Herrin and Maria Larkin

Face to Face with Body Dysmorphic Disorder by Arie M. Winograd

CBT for Avoidant/Restrictive Food Intake Disorder by Jennifer J. Thomas and Kamryn T. Eddy

8 Keys to Recover from and Eating Disorder by Carolyn Costin and Gwen Schubert Grabb

Academy of Nutrition and Dietetics Pocket Guide to Eating Disorders by Jessica Setnick

Sick Enough by Jennifer L. Gaudiani

Eating Disorders: A Guide to Medical Care and Complications by Philip S. Mehler



Eating Disorder Sourcebook: A Comprehensive Guide to the Causes, Treatment, and Prevention of Eating Disorders by Carolyn Costin

Understanding Anorexia Nervosa in Males by Tom Woolridge

Current Findings on Males and Eating Disorders by Leigh Cohn

The Treatment of Eating Disorders: A Clinical Handbook by Carlos M. Grilo

The Oxford Handbook of Eating Disorders by W. Stewart Agras

Handbook of Assessment and Treatment of Eating Disorders by B. Timothy Walsh MD

LGBTQ and Eating Disorder:

Gender Outside the Binary: Eating Disorder Recovery and My Transgender Identity by Ryan K. Sallans MA

Lesbian Crushes and Bulimia: A Diary On How I Acquired My Eating Disorder by Natahsa Holme

Caregiver and Loved One Resources:

Brave Girl Eating by Harriet Brown

ARFID: A Guide for Parents and Carers by Rachel Bryant-Waugh

Please Eat.....A Mother's Struggle To Free Her Teenage Son From Anorexia by Bev Mattocks

How to Nourish Your Child Through and Eating Disorder by Casey Crosbie and Wendy Sterling

The Mean Disease: Growing Up in the Shadow of my Mom's Anorexia Nervosa by Daniel Becker

Help Your Teenager Beat an Eating Disorder by James Lock PhD and Dainel Le Grange



Your Dieting Daughter: Antidotes Parents Can Provide for Body Dissatisfaction, Excessive Dieting and Disorder Eating by Carolyn Costin

101 Ways to Help Your Daughter Love Her Body by Brenda Lane Richardson

You'd Be So Pretty If..... Teaching our Daughters to Love Their Bodies—Even When We Don't Love Our Own by Dara Cahdwick

Eating Disorder Recovery: A Simplified Guide for Families by Caroline R. Blaire

Loving Someone with an Eating Disorder by Dana Harron, PsyD

Talking to the Eating Disorders: Simple Ways to Support Someone Who Has Anorexia, Bulimia, or Other Eating Disorders

A Parent's Guide to Childhood Eating Disorders by Marcia Herrin and Nancy Matsumoto

How to get your kid to Eat...But Not Too Much By Ellyn Satter

Male Anorexia Nervosa: A Mother and Son's Journey by Jon Sestak

Please Eat... A Mother's Struggle to Free Her Teenage Son from Anorexia by Bev Mattocks

A Parent's Guide to Eating Disorders by Marcia Herrin Ed.D. M.P.H. R.D.

Anorexia and Other Eating Disorders: How to Help your Child Eat Well and Be Well by Eva Musby

Helping your Child with Extreme Picky Eating by Katja Rowell MD

Workbooks:

The Body Image Workbook by Thomas Cash

The Body Image Workbook for Teens by Julie V. Taylor PhD



Emotional Eating Workbook by James Glad

Eating Disorders: The Journey to Recovery Workbook by Laura J. Goodman

8 Keys to Recovery from and Eating Disorder Workbook by Carolyn Costin

CBT for Avoidant/Restrictive Food Intake Disorder by Jennifer J. Thomas and Kamryn T. Eddy

The Dialectical Behavior Therapy Skills Workbook for Bulimia by Ellen Astrachan-Fletcher PhD

Intuitive Eating Workbook by Evelyn Tribole and Elyse Resch

Intuitive Eating Workbook for Teens by Elyse Resch

The Food and Feelings Workbook by Karen R. Koenig

What's Eating You? A Workbook for Teens by Tammy Nelson Ph.D

The Binge Eating and Compulsive Overeating Workbook by Carolyn Ross

The Anorexia Recovery skills Workbook by Catherine L. Ruscittie PsyD

Recovery:

Eating Disorder Recovery Journal by Sophia Side

Eating Disorder Recovery: A Simplified Guide for Families by Caroline R. Blaire

Eating in the Light of the Moon by Anita A. Johnston Ph.D.

Eating Disorder Journal: Beautiful Journal to Track Food and Meals, Feelings, Energy.... By Sophia Side

Binge Eating Disorder: The Journey to Recovery and Beyond by Amy Pershing and Chevese Turner

Inner Harvest: Daily Meditations for Recovery from Eating Disorders by Elisabeth L. (Hazelden)