

| Book Title | Author | Year | Book Synopsis | Themes | Number of Copies |
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| A Substance Called Food: How to Understand, Control, and Recover from Addictive Eating | -Gloria Arenson | 1989 | An experienced psychotherapist and teacher who has worked with thousands of bulimics, compulsive overeaters, and anorectics provides startling insights into the emotional factors that drive people to view eating as an escape from their problems and offers realistic solutions that can help those people overcome their obsession. | -Bulimia -Compulsive Eating -Recovery | 1 |
| Overcoming Night Eating Syndrome: A Step by Step Guide to Breaking the Cycle | -Kelly C. Allison, PhD -Albert J. Stunkard, MD -Sara L. Their | 2004 | From this book, you will first learn to identify the signs of NES, and then use journaling exercises to discover what automatic thoughts surround your night eating. Having identified the problematic behaviors, you will find out how to break these patterns with healthier food choices, more structured mealtimes, and a series of relaxation and visualization techniques. | -Disordered Eating -Treatment Approaches -Recovery | 1 |
| Full & Fulfilled: The Science of Eating to your Soul's Satisfaction | -Nan Allison, RD -Carol Beck, MS | 1998 | If you're ready to end the struggle with your inner voices, this book is for you. Full and Fulfilled will help you stop the self-hate, self-sabotage, and the unceasing sense of failure about your eating. Instead, you will learn how to use messages from your intuitive eater that will allow you to eat for both pleasure and health. Through a series of easy-to-use instructions, suggestions and worksheets, you will learn how to interpret your own body's signals and physical needs. And, you'll gain a clear understanding of how these signals are linked to your emotional and spiritual needs as well. A satisfying, healthy relationship with food is just pages away. Full and Fulfilled will teach you to stop pushing the same rock up the same hill, over and over again, just to get the same old results. | -Mindfulness -Goals/ Motivation | 1 |
| Art of the Inner Meal: The Power of Mindful Practices to Heal our Food Cravings | -Donald Altman | 1999 | The struggle we have with food is universal. Yet many of the world's religions value the simple act of eating as a powerful means of self-discovery and spiritual transcendence. Eating with mindfulness brings us into | -Mindfulness | 1 |

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| | | | the moment, helps us understand what it means to be alive, and connects us to the mystery and source of all living things. The power of mindfulness changes how we choose, prepare, and eat our food. It can offer us a kind of satisfaction that goes beyond our basic, physical needs. When we follow the mindful diet, we don't fill ourselves up; we are fulfilled. | | |
| Making Weight: Men's Conflicts with Food, Weight, Shape, and Appearance | -Arnold Anderson, MD -Leigh Cohn -Thomas Holbrook, MD | 2000 | The negative body-image epidemic that affects millions of women is also a hidden problem for millions of men. In spite of a decade-long emphasis on health and fitness - or perhaps because of it - more men are suffering from a variety of eating disorders and self-abusive behaviors. Using vignettes from their patients, the authors present a new program to help men overcome these problems. They offer ways to enhance self-image, facts about why diets fail, information about the dangers of using steroids, and a section for women who want to help the men in their life. | -Males -Body Image | 1 |
| Anorexics and Bulimics Anonymous | -Anonymous | 2002 | Anorexics and Bulimics Anonymous provides a solution to the quandary of these disorders. Derived from the lived experience of our ten-year-old Fellowship of recovery anorexics and bulimics, this textbook contains all the information we have come to regard as vital to full recovery from our deadly affliction. Using the addiction model and 12-Step Program has led us to a level of freedom from our mental obsession that none of us could have dreamed possible. In words from the Preface, "We have become walking miracles, acknowledged as such by those who knew us when we were the walking dead." | -Anorexia -Bulimia | 2 |
| Eating Disorders Anonymous: The Story of How we Recovered from our Eating Disorders | -Anonymous | 2016 | Eating Disorders Anonymous: The Story of How We Recovered from Our Eating Disorders presents the accumulated experience, strength, and hope of many who have followed a Twelve-Step approach to recover from their eating disorders. Eating Disorders | -Recovery -Bulimia -Anorexia -Binge Eating | 2 |

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| | | | Anonymous (EDA), founded by sober members of Alcoholics Anonymous (AA), have produced a work that emulates the “Big Book” in style and substance. | | |
| Next to Nothing: A Firsthand Account of One Teenager's Experience With an Eating Disorder | -Carrie Arnold | 2007 | Carrie Arnold developed anorexia as an adolescent and nearly lost her life to the disease. In Next to Nothing, she tells the story of her descent into anorexia, how and why she fell victim to this mysterious illness, and how she was able to seek help and recover after years of therapy and hard work. Now an adult, Arnold uses her own experiences to offer practical advice and guidance to young adults who have recently been diagnosed with an eating disorder, or who are at risk for developing one. Drawing on the expertise of B. Timothy Walsh, M.D., one of America's leading authorities on eating disorders, she reveals in easy-to-understand terms what is known and not known medically about anorexia and bulimia. | -Recovery -Anorexia -Bulimia -Young Adults | 2 |
| Looking Queer: Body Image & Identity in LGBTQ Communities | -Dawn Atkins | 1998 | This book contains research, firsthand accounts, poetry, theory, and journalistic essays that address and outline the special needs of sexual minorities when dealing with eating disorders and appearance obsession. Looking Queer will give members of these communities hope, insight, and information into body image issues, helping you to accept and to love your body. In addition, scholars, health care professionals, and body image activists will not only learn about queer experiences and identity and how they affect individuals, but will also understand how some of the issues involved affect society as a whole. | -LGBTQ -Body Image | 1 |
| 10 Steps to Loving your Body (No Matter What Size You Are) | -Pat Ballard | 2008 | As a young woman Pat Ballard, the Queen of Rubenesque Romances, almost died trying to starve her body into a societally approved size. In 10 Steps to Loving Your Body (No Matter What Size You Are) she provides the steps she created to heal the emotional damage of years of dieting, encouraging | -Self-Acceptance | 1 |

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| | | | readers to join her in celebrating diversity, self esteem, positive body image and health at every size. | | |
| The Courage to Heal: A Guide for Women Survivors of Child Sexual Abuse | -Ellen Bass -Laura Davis | 1988 | The Courage to Heal is an inspiring, comprehensive guide that offers hope and a map of the healing journey to every woman who was sexually abused as a child—and to those who care about her. Although the effects of child sexual abuse are long-term and severe, healing is possible. | -Abuse -Recovery | 1 |
| Starving for Affection: A Journey of Eating Disorders, Drugs, and Sex | -Nancy Bausch, PhD | 2008 | Starving for Affection is based on a true story. Using a first-person narrative, it covers the period from a young girl's adolescence to her early twenties. It is a vivid retelling of how she dealt with being a fat girl in a society that celebrated thinness. Bulimia and amphetamines were her solution for over 15 years. They are graphically described and include the causes and effects of the twin addictions. Her secret has cost her years of her life. Her personal story is a cautionary tale for girls who will do anything to fit in, to be accepted, to be included in today's world of slender bodies. | -Bulimia -Recovery -Abuse | 1 |
| The Mean Disease: Growing up in the Shadow of my Mother's Anorexia Nervosa | -Daniel Becker | 2005 | In the first book written by the child of someone who died from an eating disorder, Daniel Becker shows us the heartbreaking details of his mother's anorexia nervosa—her unrelenting obsession with food and her inability to nourish herself. His earliest memory of her is watching as she packs her suitcase for the first of numerous hospitalizations. From the observations of that confused child to his realization of helplessness as an adult, Daniel conveys the inner world of an anorectic and her family. He provides an intimate portrayal of how he, his father and his two brothers each struggled to balance their loyalty to Mom against the increasing awareness that only by separating from her could they ensure their own survival. | -Family Dynamics -Anorexia | 2 |
| Holy Anorexia | -Rudolph M. Bell | 1985 | Is there a resemblance between the contemporary anorexic teenager counting every calorie in her single- | -Anorexia | 1 |

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| | | | <p>mindful pursuit of thinness, and an ascetic medieval saint examining her every desire? Rudolph M. Bell suggests that the answer is yes. For both the anorexic and the fasting saint, self-starvation is part of a larger struggle for liberation from a patriarchal family and society.</p> | <ul style="list-style-type: none"> -Religion/ Spirituality -History of ED | |
| <p>Children and Teens Afraid to Eat: Helping Youth in Today's Weight-Obsessed World</p> | <p>-Frances M. Berg</p> | <p>2001</p> | <p>At last! A book that challenges the social pressures to be thin and documents its tragic effect on youth. In Part I, Children and Teens Afraid to Eat examines six major eating and weight problems- dysfunctional eating, the under nutrition of teenage girls, hazardous weight loss, eating disorders, size prejudice and overweight. Part II gives clear guidance on how to make needed changes at home, school, and in the wider culture.</p> | <ul style="list-style-type: none"> -Family Dynamics -Disordered Eating -Body Image -Young Adults -Children | <p>1</p> |
| <p>Good Enough</p> | <p>-Cynthia Nappa Bitter</p> | <p>1998</p> | <p>This is an inspiring memoir of the author's near-fatal battle with anorexia and bulimia, and how she was able to emerge victorious 25 years later. Her incredible, thought-provoking journey takes you far beyond the eating disorder symptoms and into the obsessive mindset in a way that only someone who has been there can. But the story doesn't end there; it continues straight down the road of recovery proving that victory is possible no matter how many years you have struggled.</p> | <ul style="list-style-type: none"> -Anorexia -Bulimia -Recovery | <p>1</p> |
| <p>Unbearable Weight: Feminism, Western Culture, and the Body</p> | <p>-Susan Bordo</p> | <p>1993</p> | <p>Unbearable Weight is brilliant. From an immensely knowledgeable feminist perspective, in engaging, jargon less prose, Bordo analyzes a whole range of issues connected to the body—weight and weight loss, exercise, media images, movies, advertising, anorexia and bulimia, and much more—in a way that makes sense of our current social landscape. This is a great book for anyone who wonders why women's magazines are always describing delicious food as 'sinful' and why there is a cake called Death by Chocolate.</p> | <ul style="list-style-type: none"> -Female Development -Anorexia -Bulimia -Body Image -Media | <p>1</p> |

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| Radical Acceptance: Embracing Your Life with the Heart of a Buddha | -Tara Brach, PhD | 2003 | Writing with great warmth and clarity, Tara Brach brings her teachings alive through personal stories and case histories, fresh interpretations of Buddhist tales, and guided meditations. Step by step, she leads us to trust our innate goodness, showing how we can develop the balance of clear-sightedness and compassion that is the essence of Radical Acceptance. Radical Acceptance does not mean self-indulgence or passivity. Instead it empowers genuine change: healing fear and shame and helping to build loving, authentic relationships. When we stop being at war with ourselves, we are free to live fully every precious moment of our lives. | -Religion/ Spirituality -Self-Acceptance | 1 |
| Clinical Handbook of Eating Disorders: An Integrated Approach | -Timothy D. Brewerton | 2004 | Emphasizing that accurate diagnosis is the foundation for effective treatment regimens, this reference reviews the most current research on the assessment, epidemiology, etiology, risk factors, neurodevelopment, course of illness, and various empirically-based evaluation and treatment approaches relating to eating disorders-studying disordered eating in atypical patient populations, such as men, infants, and the elderly and highlighting gender, cultural, and age-related differences that have appeared in the study of these conditions. | -Clinicians/ Clients -Treatment Approaches -Medical Specialties | 1 |
| Change your Life in 30 Days | -Rhonda Britten | 2004 | Rhonda Britten, Life Coach on NBC's hit show Starting Over, guides readers on a 30-day step-by-step journey to help define goals and make extraordinary life changes in their lives, using practical insights, exercises, and inspiring wisdom. | -Goals/ Motivation | 1 |
| Eating Disorders and Obesity: A Comprehensive Handbook | -Kelly D. Brownell -Christopher Fairburn, PhD | 2002 | This unique handbook presents and integrates virtually all that is currently known about eating disorders and obesity in one authoritative, accessible, and eminently practical volume. From leading international authorities, 112 concise chapters encapsulate the latest information on all pertinent topics, from biological, psychological, and social processes associated with | -Clinicians/ Clients -Medical Specialties -Obesity | 2 |

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| | | | risk, to clinical methods for assessment and intervention. Suggestions for further reading at the end of each chapter replace extended references and enhance the practical value and readability of the volume. | | |
| Fasting Girls: The History of Anorexia Nervosa | -Joan Jacobs Brumberg | 1988 | Incisive, compassionate, illuminating, Fasting Girls offers real understanding to victims and their families, clinicians, and all women who are interested in the origins and future of this complex, modern and characteristically female disease. | -History of ED -Anorexia | 1 |
| The Body Project: An Intimate History of American Girls | -Joan Jacobs Brumberg | 1997 | Today 53% of our girls are dissatisfied with their bodies by the age of thirteen, and many begin a pattern of weight obsession and dieting as early as eight or nine. Why? In The Body Project, historian Joan Jacobs Brumberg answers this question, drawing on diary excerpts and media images from 1830 to the present. Tracing girls' attitudes toward topics ranging from breast size and menstruation to hair, clothing, and cosmetics, she exposes the shift from the Victorian concern with character to our modern focus on outward appearance—in particular, the desire to be model-thin and sexy. | -Young Adults -Body Image -Self-Acceptance | 1 |
| Counselling for Eating Disorders in Men | -Richard Bryant-Jefferies | 2005 | According to the Eating Disorders Association there is a general lack of recognition of eating disorders in men, making it more difficult for male patients to access specialist services, although clients with problems connected with over-eating, under-eating, and poor eating form a significant proportion of counsellors' lists. This book focuses on men whose eating patterns have generated side-effects on other aspects of their lives such as work, health and family. | -Males -Clinicians/ Clients | 1 |
| Holy Hunger: A Woman's Journey from Food Addiction to Spiritual Fulfillment | -Margaret Bullitt-Jonas | 1998 | A worthwhile tale about true nourishment that comes not from [eating] but from engaging on a spiritual path. | -Religion/ Spirituality -Bulimia | 1 |

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| Discovering the Monster Within | -Patricia Burkley, RN -Jack Summers, MD, PhD | 2005 | Autobiographical look at 40-year survivor of anorexia and bulimia and the path to recovery. This book is meant to teach, help, support and encourage anyone with the an eating disorder or treating the disease. | -Recovery -Anorexia -Bulimia | 1 |
| Chicken Soup for the Recovering Soul: Your Personal, Portable Support Group | -Jack Canfield -Mark Victor Hansen -Robert Ackerman, PhD | 2004 | Whether you are new to recovery or have already experienced profound healing, consider this book your personal support group. Underscoring the tenacity of the human spirit, these stories will provide you with the inspiration for change as others in recovery community share their true experiences of lives reclaimed, relationships renewed, and futures full of promise. | -Recovery | 2 |
| Chicken Soup for the Recovering Soul: Daily Inspirations | -Jack Canfield -Mark Victor Hansen -Robert Ackerman, PhD | 2005 | For the millions of people who are living their lives "one day at a time," these daily affirmations will provide a year's worth of wisdom and encouragement to help get through the rough spots and to celebrate the victories. Whether someone is just beginning the journey, or has already experienced deep healing, Chicken Soup for the Recovering Soul Daily Inspirations is a pocket-sized support group on the path to becoming whole. | -Recovery | 1 |
| Chicken Soup for the Kid's Soul | -Jack Canfield -Mark Victor Hansen -Pattey Hansen -Irene Dunlap | 1998 | Kids need some inspiration too! This collection of stories provides support, provokes thought, and acts as a portable support group for kids. It makes for great dinner table conversation, and is a wonderful gift for a young reader. | -Recovery -Children | 1 |
| Lust Anger: Understanding Sexual Addiction and the Road to Healthy Intimacy | -Maureen Canning, MA | 2008 | Sexual addiction is a problem that affects millions of people. Maureen Canning, who has extensive experience treating sex addicts, explains its roots and how those afflicted can recover. | -Addiction -Recovery | 1 |
| Take Charge of Your Child's Eating Disorder | -Pamela Carlton, MD -Deborag Ashin | 2007 | Take Charge of Your Child's Eating Disorder is a hands-on, medically-based guide that tells you what you need to know about eating disorders. As the founder and director of the Adolescent Eating | -Family Dynamics -Anorexia -Bulimia | 1 |

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| | | | Disorder Parent Education and Support Program at Stanford University, Dr. Pamela Carlton has treated hundreds of children and adolescents with eating disorders as well as guided their parents through the maze of eating disorder treatments. | -Prevention -Medical Specialties | |
| Believable Hope: 5 Essential Elements to Beat any Addiction | -Michael Cartwright | 2012 | In Believable Hope, Cartwright shares his personal struggles, his recovery process, and the 5-pronged approach that has caused dramatic transformation with clientele ranging from those living on the street to celebrities and everyone in-between. Believable Hope is a lifeline for people battling addiction, providing a fresh sense of hope for those who love them. | -Addiction -Recovery | 1 |
| Body Image: A Handbook of Theory, Research, & Clinical Practice | -Thomas Cash -Thomas Pruzinsky | 2002 | This uniquely integrative handbook provides a comprehensive account of current theory, research, and clinical practice in the area of body image and body image disorders. The volume's 57 brief chapters have been contributed by internationally recognized experts from diverse mental health, medical, and allied health care disciplines. Conceptual approaches for understanding body image are reviewed, lifespan developmental factors examined, and the influences of gender, physical characteristics, family factors, sexual orientation, and sociocultural variables evaluated. Cutting-edge information is presented on understanding and treating such problems as eating disorders, body dysmorphic disorder, and negative body image experiences associated with disease or other physical conditions. | -Body Image -Clinicians/ Client -Body Dysmorphic Disorder -Medical Specialties | 1 |
| The Obsession: Reflections on the Tyranny of Slenderness | -Kim Chernin | 1981 | The Obsession is a deeply committed and beautifully written analysis of our society's increasing demand that women be thin. It offers a careful, thought provoking discussion of the reasons men have encouraged this obsession and women have embraced it. It is a book about women's efforts to become thin rather than to accept the natural dimensions of their bodies--a book about the meaning of food and its rejection. | -Female Development -Body Image | 1 |

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| Working with Groups to Explore: Food & Body Connections | -Sandy Stewart Christian | 1996 | This innovative collection of 36 group processes gathered from experts around the country tackles complex topics nearly everyone is concerned about—dieting, weight, healthy eating, fitness, body image, and self esteem—using a whole person approach that advocates health and fitness for people of all sizes. | -Body Image -Disordered Eating -Support Group Tools Self-Acceptance | 1 |
| Eating with your Anorexic | -Laura Collins | 2002 | This deeply moving, extraordinarily personal, and most of all—helpful book chronicles one mother's journey alongside her teenage daughter's recovery with anorexia nervosa. A true story of pain, healing, and discovery, Eating with Your Anorexic is also the first book written from a parent's perspective that introduces the Maudsley approach, the treatment method that restored her daughter's life. This nontraditional but highly effective home-based approach: Focuses on enabling parents to feed their underweight child at home, while the child receives therapy as an outpatient, begins with getting weight normalized before focusing on alleged causes and psychological issues, and rejects the once-popular theory that parental or familial issues are at the root of the illness, and utilizes parents as a resource for recovery. | -Mother/ Daughter | 1 |
| Real Gorgeous: The Truth About Body and Beauty | -Kaz Cooke | 1996 | Real Gorgeous is a big, funny, reassuring read about fashion fibs and diet myths—and the truth about, among other things, push-ups, push-up bras, and the great cellulite scam. It is meticulously researched and sensible, but it avoids impenetrable theory and instead embraces the fun of clothes, makeup, and life in general. Packed with jokes, Cooke's own cartoons, and practical ways to find real self-esteem and avoid freak-outs and rip-offs, Real Gorgeous is easy to read, relevant, and an indispensable boost for women aged 11 to 111. | -Self-Acceptance | 2 |

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| Change your Mind, Change your Body: Feeling Good About your Body and Self After 40 | -Ann Kearney-Cooke, PhD | 2004 | Change Your Mind, Change Your Body: Feeling Good About Your Body and Self After 40 gives you the tools you need to utilize your wisdom and experiences to shape a new vision of who you are and what you want your life to look like -- right now. | -Self-Acceptance -Goals/ Motivation | 1 |
| Behind the Broken Image | -Debra M. Cooper | 2006 | Alexa, Abby, and Robin are all sharing the same shameful secret that has already compromised the health, endangered the future, and devastated the families of all three. They now stand at the crossroads of their lives. Each must decide whether to go forward into the frightening world of recovery, or return to the the seductive, familiar world of addiction. Their families wait, knowing the future may offer hope or only desolation where all dreams of happiness are shattered. | -Recovery | 1 |
| Your Dieting Daughter: Is She Dying for Attention? | -Carolyn Costin | 1997 | This book focuses on the essentials of nutrition, offering clear guidelines for healthy eating and dispelling many of the myths promoted by the diet industry. A concise and informative review of the most popular diet programs helps set the record straight on what's behind all of those promotional campaigns to which adolescent (and younger) girls are regularly exposed. The goal here is to help parents understand the kinds of pressure their daughters are under and to provide them with the necessary knowledge to work with their daughters - rather than against them - in forming a strong, positive, and clear sense of self. | -Family Dynamics -Self-Acceptance -Young Adults | 1 |
| 8 Keys to Recovery from an Eating Disorder | -Carolyn Costin -Gwen Schubert Grabb | 2012 | For anyone who has suffered, their family and friends, and other helping professionals, this book should be by your side. With great compassion and clinical expertise, Costin and Grabb walk readers through the ins and outs of the recovery process, describing what therapy entails, clarifying the common associated emotions such as fear, guilt, and shame, and, most of | -Recovery -Family Dynamics -Clinicians/ Clients | 1 |

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| | | | all, providing motivation to seek help if you have been discouraged, resistant, or afraid. | | |
| First Things First | -Stephen R. Covey | 1994 | I'm getting more done in less time, but where are the rich relationships, the inner peace, the balance, the confidence that I'm doing what matters most and doing it well? Does this nagging question haunt you, even when you feel you are being your most efficient? If so, First Things First can help you understand why so often our first things aren't first. Rather than offering you another clock, First Things First provides you with a compass, because where you're headed is more important than how fast you're going. | -Time Management -Relationships | 1 |
| Thin Enough: My Spiritual Journey Through the Living Death of an Eating Disorder | -Sheryle Cruse | 2006 | The teen and college years are a crucial time for girls, when positive or negative views about their bodies often become manifest. Written to eating disorder sufferers who are at this critical age, Thin Enough provides hope that, through faith and trust in God, they too can rise above the living death of eating disorders and arise as God's daughters, full of life and with a promising future. | -Religion/ Spirituality -Body Image | 2 |
| Eating Disorders: A Handbook of Christian Treatment | -Edward J. Cumella -Marian C. Eberly -A. David Wall | 2008 | This book is one of the few comprehensive guides to eating disorders, including proper assessment and intervention, across the bio-psycho-social-spiritual continuum. Written for a broad range of healthcare and pastoral professionals, educators, and students, it offers state-of-the-art, scientifically-valid knowledge of anorexia and bulimia nervosa, integrated with Biblical Christianity. It can be the cornerstone of any eating disorders library. | -Religion/ Spirituality -Clinicians/ Clients -Treatment Approaches | 1 |
| Just Listen | -Sarah Dessen | 2006 | Last year, Annabel was "the girl who has everything" — at least that's the part she played in the television commercial for Kopf's Department Store. This year, she's the girl who has nothing: no best friend because mean-but-exciting Sophie dropped her, no peace at home since her older sister became anorexic, and no one to sit with at lunch. Until she meets Owen | -Anorexia | 1 |

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| | | | Armstrong. Tall, dark, and music-obsessed, Owen is a reformed bad boy with a commitment to truth-telling. With Owen's help, maybe Annabel can face what happened the night she and Sophie stopped being friends. | | |
| The Call: Discovering Why you are Here | -Oriah Mountain Dreamer | 2003 | The Call, like Oriah's previous books, starts with an evocative, richly textured prose poem. In it, Oriah challenges readers to discard what they know of themselves as seen through other people and the world around them, and to delve deep into their own selves to find who they truly are. | -Self-Acceptance | 1 |
| The Dance: Moving to the Rhythms of Your True Self | -Oriah Mountain Dreamer | 2001 | Welcome to The Dance, the wise and practical book that expands on Oriah Mountain Dreamer's new moving prose poem. In this compelling book the acclaimed author of The Invitation challenges readers to live with passion, energy, and honesty. The key, says Oriah, is to savour the everyday world of family, friends, love, and work with clear minds and open hearts. | -Self-Acceptance | 1 |
| What we Ache For: Creativity and the Unfolding of your Soul | -Oriah Mountain Dreamer | 2005 | In her previous books, Oriah Mountain Dreamer has challenged readers to live with passion and honesty, to embrace the true, fallible, human self. What We Ache For is a moving and eloquent call to delve deeply into our creative selves, to do our creative work, and offer it to the world. | -Self-Acceptance | 1 |
| Teenage Waistland | -Abby Ellin | 2005 | This book is ultimately clarifying and provocative for anyone who's ever wrestled with weight issues. One size does not fit all when it comes to weight loss, and the better we understand that, the more likely we are to be able to help our kids. | -Children -Body Image -Young Adults -Family Dynamics | 1 |
| The Kohut Seminars | -Miriam Elson | 1987 | Heinze Kohut's theories have had a tremendous influence on our thinking about the development of the self. This book highlights the clinical application of those theories. The seminars, focusing on treatment of late adolescents and young adults in university setting, provide the reader with an unparalleled opportunity to | -Clinicians/ Clients -Self Psychology | 1 |

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| | | | study the spontaneous works of Kohut's mind as he moved from clinical experience to theory and then back to clinical experience. After the initial chapters on theory of self psychology, each chapter opens with a case presentation by one of the seminar participants; these cases provide the basis for Kohut's discussion of clinical issues. | | |
| Live Large! | -Cheri K. Erdman | 1997 | Live Large! Is a powerful collection of affirmations, ideas, and actions to help women love their bodies, regardless of their size of shape. It is an uplifting, easy-to-use guide for "living the life you want in the body you already have!" | -Self-Confidence | 1 |
| Anorexia Nervosa: The Broken Circle | -Anna Erichsen | 1985 | Discusses the symptoms and causes of anorexia nervosa, shares the experiences of a mother whose daughter was anorexic, and offers advice on how to find help for those with eating disorders. | -Anorexia -Mother/ Daughter | 1 |
| Binge Eating: Nature, Assessment, and Treatment | -Christopher Fairburn, PhD - G. Terence Wilson | 1993 | The book thoroughly covers the history and etiology of the disorder; its distribution and determinants; its relationship to bulimia nervosa, anorexia nervosa, obesity, and addictive disorders; and the methods available for assessment and treatment. Included in the volume are two practical manuals: The first is the Eating Disorder Examination, the major clinical interview for assessing eating disorders. Published here in full for the first time, it shows precisely how to elicit the key features of these disorders. The second is a cognitive-behavior approach. Their detailed manual covers all those who binge eat, including those who are overweight. A valuable resource for all clinicians and researchers interested in treating eating problems and their treatment, Binge Eating also serves as a text for advanced courses on eating disorders, or supplementary reading for students of psychopathology. | -Binge Eating -Clinicians/ Clients | 1 |

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| Cognitive- Behavioral Treatment of Obesity: A Clinician's Guide | - Zafra Cooper -Christopher G. Fairburn - Deborah M. Hawker | 2003 | The first cognitive-behavioral treatment manual for obesity, this volume presents an innovative therapeutic model currently being evaluated in controlled research at Oxford University. From leading clinical researchers, the approach is specifically designed to overcome a major weakness of existing therapies: post treatment weight regain. The book details powerful ways to help patients not only to achieve weight loss, but also to modify the problematic cognitions that undermine long-term weight control. Drawing on strategies proven effective with such problems as binge eating, the manual contains everything needed to implement the treatment: intervention guidelines, case examples, and reproducible handouts and forms. | -Obesity -Treatment Approaches -Clinicians/ Clients | 1 |
| Overcoming Binge Eating | -Christopher Fairburn, PhD | 1995 | This fully updated second edition incorporates important advances in the understanding and treatment of eating disorders. It features expanded coverage of body image issues and enhanced strategies for achieving--and maintaining--a transformed relationship with food and your body. | -Binge Eating -Body Image | 1 |
| Self-Esteem: Third Edition | -Patrick Fanning -Matthew McKay, PhD | 2000 | Self-Esteem is for savvy readers looking for a comprehensive, self-care approach to improving self-image, increasing personal power, and defining core values. | -Self-Confidence | 1 |
| Conquer your Critical Inner Voice | - Robert Firestone, PhD - Lisa Firestone, PhD - Joyce Catlett, MA | 2002 | Conquer Your Critical Inner Voice presents a revolutionary new strategy for dealing with the inner critic: externalizing it. This subtle, powerful technique turns internal self-criticisms into 'you' statements that can be evaluated objectively and exposed as the gross exaggerations, unfair comparisons, or flat out lies they really are. This book takes you through the step-by-step process of learning how to keep track of your negative thoughts, analyze their reality, and recognize how they impact your life. | -Self-Confidence -Goals/ Motivation | 1 |

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| Love to Eat: Hate to Eat- Breaking the Bondage of Destructive Eating Habits | -Elyse Fitzpatrick | 1999 | More than 80 percent of all Americans have been on a diet at some point in their lives. Low fat, low carb, high protein—you name it—they've tried it. Isn't there a better way to break the cycle in the battle of the bulge? After years of futile dieting, readers know there's more to weight control than what they eat. Having discovered the power that food has over their lives, counselor Elyse Fitzpatrick helps readers identify destructive eating habits, break the vicious cycle of emotional eating, and develop a flexible plan suited to unique situations. | -Religion/ Spirituality -Binge Eating | 1 |
| Minding the Body: Women Writers on Body & Soul | -Patricia Foster | 1994 | A multicultural anthology of fiction and non-fiction literary narratives which addresses the psychological and political aspects of a woman's body in today's culture. An important and much-needed book for women who seek to understand their bodies and find independent, imaginative ways to cope with aging, beauty expectations beauty expectations, and ethnic comparisons. | -Self Psychology -Body Image -Self-Acceptance | 1 |
| Beyond Measure | -Ellen Frankel | 2006 | A touching, tender and at times funny account of a woman's struggle for stature in a 4 foot 8 1/2-inch-tall body, Beyond Measure speaks to the heart of soul-breaking attempts to fit an arbitrary and elusive cultural ideal of physical perfection. Being short isn't the problem, Ellen Frankel insists. Instead, the real difficulties lie in the social bias against short people. Ellen shares the difficulties of living short in a world in which stereotypes are based on gender and size. | -Self-Acceptance | 1 |
| Bodylove: Learning to Like our Looks and Ourselves | -Rita Freedman, PhD | 2002 | Bodylove is an inspiring guide for women who want to become less critical of their appearance, less preoccupied with weight, and more in love with themselves — physically, sexually, and emotionally. Combining vivid case histories, recent research, practical techniques, and simple exercises, this book affirms a woman's basic right to like her looks and shows how she can achieve that goal. It also covers a | -Self-Acceptance -Body Image | 1 |

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| | | | wide range of body image topics such as cosmetics use, healthy exercise, aging, and sexuality. | | |
| Body Thieves: Help Girls Reclaim their Natural Bodies and Become Physically Active | -Sandra Susan Friedman | 2002 | In Body Thieves, Sandra Friedman provides parents and teachers and mentors with an understanding of girls' development through adolescence and examines the stressors they face. She debunks myths about obesity and argues that fat is not the real problem, but rather a pervasive dieting culture and lack of physical activity that puts girls at risk. She provides practical proven strategies to help adults form solid connections with teenaged girls to help them normalize their relationship with food and get them off their diets. Body Thieves addresses the barriers that prevent girls from being physically active. It provides practical strategies for integrating physical activity into girl's lives, teaching them skills and making community activities and sports girl-friendly- so they become life-long endeavors. | -Body Image -Physical Activity -Self-Acceptance | 1 |
| When Girls Feel Fat: Helping Girls through Adolescence | -Sandra Susan Friedman | 2000 | For most girls, it's impossible to grow up without ever "feeling fat." Even for very young girls, it is common to express the ups and downs of life in terms of body image - translating real events into the language of fat, repressing feelings and losing one's sense of self. Therapist Sandra Susan Friedman explains how to hear what girls really mean when they say they "feel fat" and provides parents, teachers and caregivers with practical ways to help girls navigate the turbulent waters of adolescence. | -Young Adults -Body Image -Family Dynamics -Female Development | 1 |
| Muscle: Confessions of an Unlikely Bodybuilder | -Samuel Wilson Fussell | 1991 | Alternately funny and fascinating, Muscle is the true story of one man's obsession with the pursuit of perfection. With insight, wit, and refreshing candor, Fussell ushers readers into the wild world of juicers and gym rats who sacrifice their lives, minds, bodies, and souls to their dreams of glory in Southern California's so-called iron mecca. | -Physical Activity -Body Image | 1 |

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| Big Fat Lies: The Truth About Your Weight & Your Health | -Glenn A. Gaesser, PhD | 2002 | Millions of Americans stigmatized as “too fat” need to be reassured that the roads to good health are wide enough for everyone. Here’s proof that people can be overweight and still be fit and healthy. Glenn Gaesser, an exercise physiologist, challenges the conventional wisdom that excess body fat poses a danger to health. This is an authoritative, clearly written book that is crucial reading for anyone who wants to take concrete steps towards improving their health – no matter what their size. | -Physical Activity -Health | 1 |
| Eating Well, Living Well: When You Can't Diet Anymore- Guide to Reach your Personal Health Goal | -Glenn A. Gaesser, PhD -Karin Kratina, RD | 2000 | This book provides an overview of diet and physical activity recommendations based on the U.S. Dietary Guidelines for Americans, the 1996 Surgeon General's Report on Physical Activity and Health and the Food Guide Pyramid. The information in this book is intended to help you make informed decisions about achieving your health goals. | -Nutrition | 1 |
| Handbook of Psychotherapy for: Anorexia Nervosa & Bulimia | -David M. Garner -Paul E. Garfinkel | 1985 | - Only a decade ago, eating disorders were treated primarily by specialists. Now, with the almost epidemic proportions of persons -- primarily adolescent women -- who suffer from anorexia nervosa and bulimia, psychotherapists are increasingly being called upon to treat patients with these disorders. | -Anorexia -Bulimia -Treatment Approaches -Clinicians/ Clients | 1 |
| Handbook of Treatment for Eating Disorders | -David M. Garner -Paul E. Garfinkel | 1997 | In this seminal work, leading clinicians and researchers present the major treatments for eating disorders, including cognitive-behavioral, educational, psychodynamic, feminist, family-based, and medical approaches. Therapeutic approaches are described in step-by-step detail and illustrated with extensive case material. Several chapters function as self-contained treatment manuals, enabling practitioners to easily learn and implement each model, as well as adapt it to suit the needs of individual patients. The volume also covers diagnosis, assessment, sequencing of | -Clinicians/ Clients -Treatment Approaches | 1 |

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| | | | treatments, and ways to manage frequently encountered co-occurring problems. | | |
| Women, Girls & Psychotherapy: Reframing Resistance | -Carol Giligan -Annie Rogers -Deborah Tolman | 1991 | Adolescent girls' special needs in the teen-age years are thoroughly examined in Women, Girls & Psychotherapy, a compelling book focusing on the vitality of resistance in young girls. Drawing on studies of women's and girls' development, clinical work with girls and women, and their personal experiences, the voices of adolescent girls are used to reframe and greater understand their resistance against debilitating conventions of feminine behavior. As adolescent girls are often overlooked in feminist books in psychotherapy, this is an important volume as it looks positively at resistance, both as a political strategy and a health-sustaining process. | -Self Psychology -Female Development | 1 |
| Room to Grow: An Appetite for Life | -Tracey Gold | 2003 | The actress details her struggle with and eventual recovery from anorexia, in an effort to provide comfort, hope, and encouragement to others. | -Anorexia | 1 |
| The Invisible Woman: Confronting Weight Prejudice in America | -W. Charisse Goodman | 1995 | A member of The National Association for the Advancement of Fat Americans charges American society with discrimination against overweight women, criticizing the media and the weight-loss industry for perpetuating sexist stereotypes. | -Stigma -Female Development | 1 |
| Stick Figure: A Diary of My Former Self | -Lori Gottlieb | 2000 | Living in Beverly Hills in the 1970's, an eleven year old girl faced the pressures of her environment to be perfect in weight and presentation, yet when things got out of control, she needed help to return to normal and get a hold of her life once more. | -Anorexia -Recovery | 1 |
| Tapping Your Inner Strength: How to Find Resilience to Deal with Anything | -Edith H. Grotberg, PhD | 1999 | This model of resilience came from the author's work as director of the International Resilience Research Project. Readers learn factors that allow the ability to beat the odds and increase their own resilience. The author shows how to cultivate the inner strengths required to overcome adversity | -Self-Confidence | 1 |

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| Lying in Weight: The Hidden Epidemic of Eating Disorders in Adult Women | -Trisha Gura | 2007 | <p>A girl with an eating disorder grows up. And then what?</p> <p>In this groundbreaking book, science journalist Trisha Gura explodes the myth that those who suffer from eating disorders, including anorexia nervosa and bulimia nervosa, are primarily teenage girls. In truth, twenty-five to thirty million American women twenty-five and older suffer from serious food issues, from obsessions with calorie counting to compulsions to starve then overeat. These diseases often linger from adolescence or emerge anew in the lives of adult women in ways that we are only now starting to recognize. Drawing on her own experience with anorexia, as well as the most up-to-date research and extensive interviews with clinicians and sufferers, Gura presents a startling, timely, and imperative investigation of eating disorders "all grown up," and offers hope through understanding.</p> | <ul style="list-style-type: none"> -Anorexia -Bulimia -Body Image -Clinicians/ Clients | 1 |
| Anorexia Nervosa: A Guide to Recovery | -Lindsey Hall -Monika Ostroff | 1999 | <p>Anorexia nervosa, in simple terms, is self-starvation. However, it is a complex problem with intricate roots; and, recovery is best accomplished with a grasp of sound information, specific tasks, and the support of others. All of that is provided in this guidebook, which includes: Answers to questions most often asked, Insight from recovered and recovering, Monika Ostroff's story of recovery, Specific things to do that have worked, Information on healthy eating and weight, Suggestions for how to stay committed, A special section for parents & loved ones</p> | <ul style="list-style-type: none"> -Anorexia -Family Dynamics -Treatment Approaches | 1 |
| Full Lives: Women Who Have Freed Themselves from Food & Weight Obsession | -Lindsey Hall | 1993 | <p>Imagine being at a dinner party surrounded by sixteen extraordinary women who have overcome food and weight obsessions. Your dinner companions are best selling authors, highly respected clinicians, speakers, and directors of national associations- all dedicated to the prevention of eating disorders and the end of society's preoccupation with thinness. Join Lindsey</p> | -Recovery | 2 |

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| | | | Hall for a deeply personal look into these women's full lives as they discuss: Food, love and intimacy, eating disorders as a great teacher, women united for social change, hunger and the inner self, sexual abuse and eating, and being recovered | | |
| Self Esteem: Tools for Recovery | -Lindsey Hall -Leight Cohn | 1990 | Offers those recovering from drug or alcohol abuse advice on improving self-esteem, gaining confidence in making decisions, overcoming destructive behavior, and making peace with the past. | -Self-Confidence -Abuse | 1 |
| Honey Does this make my Butt Look Big?: A Couple's Guide to Food & Body Talk | -Lydia Hanich | 2005 | How do couples tackle ticklish questions like, "Does this make me look fat?" or "Will you go on a diet with me?" With cartoon illustrations and a healthy dose of humor, Hanich offers some "right" and "wrong" answers, along with the reasons why. | -Relationships -Body Image | 1 |
| Getting to Where You Are: The Life of Meditation | -Steven Harrison | 1999 | This book explores what meditation actually is and, more important, what it is not and how it got that way. The book speaks both to the novice and the long-time meditation practitioner, as well as to all of us who care deeply about exploring and expanding our spiritual practices and our lives created it. | -Mindfulness -Religion/ Spirituality | 1 |
| You Can Heal your Life | -Louise L. Hay | 1999 | Louise L. Hay, bestselling author, is an internationally known leader in the self-help field. Her key message is: "If we are willing to do the mental work, almost anything can be healed." The author has a great deal of experience and firsthand information to share about healing, including how she cured herself after being diagnosed with cancer. | -Healing -Recovery | 1 |
| Eating Disorders: A Handbook for Teens, Families, and Teachers | -Tania Heller, MD | 2003 | "If I gain any weight, I'll lose all control." These words, spoken by a 14-year-old anorexia nervosa patient, show just how serious eating disorders can be for teenagers, disturbing numbers of whom are dissatisfied with their bodies. For some, mostly girls, thoughts about food and their bodies consume their lives and lead to such life-threatening eating disorders as anorexia nervosa or bulimia nervosa. This guide to eating disorders for teenagers, their families, and | -Family Dynamics -Young Adults -Prevention -Treatment Approaches -Body Dysmorphic Disorder | 1 |

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| | | | others involved in their lives defines what the diseases are, considers who suffers from them and why, discusses the warning signs and complications, and covers associated disorders. It also provides information on body dysmorphia and the treatment and prevention of eating disorders. Numerous resources that can provide help are listed. | | |
| Mom, I Feel Fat!: Becoming your Daughter's Ally in Developing a Healthy Body Image | -Sharon A. Hersh | 2001 | Whether your daughter is 8 or 16, Mom, I Feel Fat! will help you understand her, the body image issues she will face--from self-esteem to eating disorders--and yourself. Most of all, you'll be encouraged to use the inevitable questions and challenges regarding body image and eating choices to prevent crisis and to strengthen your relationship with your daughter and with God. | -Mother/ Daughter -Religion/ Spirituality -Body Image | 1 |
| Hungry: A Mother & Daughter Fight Anorexia | -Sheila & Lisa Himmel | 2009 | Unbeknownst to food critic Sheila Himmel-as she reviewed exotic cuisines from bistro to brasserie- her daughter, Lisa, was at home starving herself. Before Sheila fully grasped what was happening, her fourteen-year-old with a thirst for life and a palate for the flavors of Vietnam and Afghanistan was replaced by a weight-obsessed, antisocial, hundred pound nineteen-year-old. From anorexia to bulimia and back again-many times-the Himmels feared for Lisa's life as her disorder took its toll on her physical and emotional well-being. | -Anorexia -Bulimia -Mother/ Daughter | 1 |
| Eating Disorders: A Multi-professional Approach | -Dorothea Hindmarch | 2000 | This book aims to provide the reader with a wide and in-depth understanding of the conditions of anorexia and bulimia. Hindmarch has brought together a range of perspectives across the various treatment approaches; psychiatry and medicine, nursing, occupational therapy, dietetics, psychotherapy, group analysis, family therapy, and psychodrama. The book contains descriptions of both reality-oriented models of treatment such as occupational therapy and dietetics, and the multi-faceted approaches which | -Anorexia -Bulimia -Treatment Approaches | 1 |

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| | | | reflect individual, familial, social and political aspects of these conditions. | | |
| Preventing Childhood Eating Problems | -Jane Hirschmann -Lela Zaphiropoulos | 1993 | The principle of self-demand feeding--that children can regulate eating naturally by themselves, eating only when they are hungry--comes from Hirschmann's successful workshops. Parents who are at a loss on how to deal with their child's overeating, especially those who struggle with food themselves, will find useful, practical information. | -Children -Family Dynamics | 1 |
| When Women Stop Hating Their Bodies: Freeing Yourself from Food & Weight Obsession | -Jane Hirschmann -Carol H. Munter | 1995 | In this revolutionary new book, bestselling authors Carol Munter and Jane Hirschmann explore the myriad reasons why women cling to diets despite overwhelming evidence that diets don't work. In fact, diets turn us into compulsive eaters who are obsessed with food and weight. Munter and Hirschmann call this syndrome "Bad Body Fever" and demonstrate how "bad body thoughts" are clues to our emotional lives. They explore the difficulties women encounter replacing dieting with demand feeding. And finally, they teach us how to think about our problems rather than eat about them--so that food can resume its proper place in our lives. | -Compulsive Eating | 1 |
| Fat is a Family Affair | -Judy Hollis, PhD | 1985 | This instructive and engaging guide provides the latest thinking, compassionate counsel, and step-by-step assistance to individuals who suffer from compulsive eating behaviors. | -Family Dynamics -Recovery | 2 |
| Wasted: A Memoir of Anorexia & Bulimia | -Marya Hornbacher | 1998 | Why would a talented young woman enter into a torrid affair with hunger, drugs, sex, and death? Through five lengthy hospital stays, endless therapy, and the loss of family, friends, jobs, and all sense of what it means to be "normal," Marya Hornbacher lovingly embraced her anorexia and bulimia -- until a particularly horrifying bout with the disease in college put the romance of wasting away to rest forever. A vivid, honest, and emotionally wrenching memoir, Wasted is the story of one woman's travels to reality's | -Recovery -Anorexia -Bulimia | 1 |

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| | | | darker side -- and her decision to find her way back on her own terms. | | |
| Being & Loving: How to Achieve Intimacy with Another Person and Retain One's Own Identity | -Althea Horner | 1986 | From the start of life, all of us strive to achieve two goals: intimacy with another person and discovery and expression of our own identity. All too often, however, we experience these goals as conflicting. Being and Loving is an outgrowth of Dr. Horner's work as a teacher and psychotherapist. In this book, she focuses on the image of self and of others formed in the first three years of life and guides readers down a carefully chosen path that leads to workable solution to their problems. To all those who have experienced frustration and despair born of conflict between being and loving, this book says, "Give it another try." | -Relationships -Self Acceptance | 1 |
| Experiential Therapies for Eating Disorders | -Lynne M. Hornyak -Ellen K. Baker | 1989 | Each chapter of this innovative work systematically reviews a single experiential treatment approach. Among these are guided imagery, hypnosis, structured eating, family sculpting, psychodrama, and gestalt therapy, dance/ movement therapy, art therapy, music therapy, and metaphor/ poetry therapy. Throughout, important clinical issues that often accompany eating disorders are also addressed, including such topics as self-awareness, self-esteem, autonomy, identity, impulse regulation, affect modulation, body image, and interpersonal relationships. | -Clinicians/ Clients -Treatment Approaches | 1 |
| Finding the Gift: Daily Meditations for Mindfulness | -Angela Howell | 2015 | Finding the Gift: Daily Meditations for Mindfulness encourages readers to press pause for a few moments every day to gain life-changing insights from metaphors found in the most unlikely places. Whether its from watching a favorite pet, a calm moment with nature, or a trip through the car wash, lessons to challenge and improve our well-being are everywhere, when we're mindfully watching for them. In Finding the Gift, Angela Howell has captured 366 unique | -Mindfulness -Reflection | 1 |

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| | | | meditations to help readers see life from a greater perspective, so they can really "get the lesson" and apply new insights to their own lives. As we embrace mindful living and improve how we show up in the world, the world becomes a better place for everyone. | | |
| A Parent's Guide to Eating Disorders and Obesity | -Martha Jablow | 1992 | This is an essential guide to the diagnosis and treatment of eating disorders and obesity from the pediatricians, neurologists, child psychiatrists, psychologists and social workers at the renowned Children's Hospital and its affiliate, the Philadelphia Child Guidance Clinic. | -Clinicians/ Clients -Family Dynamics -Obesity -Anorexia -Bulimia | 1 |
| Hope, Help, & Healing for Eating Disorders: A New Approach to Treating Anorexia, Bulimia, & Overeating | -Gregory L. Jantz, PhD | 1995 | Eating disorders affect the whole person. Yet treatments often focus on emotional issues alone. Sensing the incompleteness of most methods, Dr. Jantz set out to develop a program that treats the emotional, relational, physical, and spiritual aspects of eating problems. His practical and promising approach can be used by those with food disorders and their families and friends. Each chapter contains questions and activities to lead readers through progressive steps to healing. | -Relationships -Anorexia -Bulimia -Religion/ Spirituality -Treatment Approaches | 1 |
| Go Girl!: Raising Healthy, Confident, and Successful Girls through Sports | -Hannah Storm | 2002 | In Go Girl!, ESPN sportscaster and mother to three daughters Hannah Storm lays out a roadmap for parents who want to encourage their daughters' continued participation in sports at an age where more and more girls pass athletics up. Hannah helps you take an active role in fostering and supporting your daughter's athletic interests, giving her the edge she needs to excel in life. Go Girl! is the ultimate guide to making sure that young girls take on life with confidence, passion, and a love of the game. | -Physical Activity -Young Adults -Self-Confidence | 1 |
| A Night Without Armor | -Jewel Kilcher | 1998 | One of the most respected artists in popular music today, Jewel is much more than a music industry success with her debut album selling more than 10 | -Coping -Self-Acceptance | 1 |

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| | | | million copies. Before her gifted songwriting comes an even more individual art: Poetry. Now available in paperback, A Night without Armor highlights the poetry of Jewel taken from her journals which are both intimate and inspiring, to be embraced and enjoyed. | | |
| Live Your Joy | -Bonnie St. John | 2009 | Throughout her life, Bonnie St. John has struggled with daily "joy stealers." In this book, she shares her experiences along the perpetual journey for joy-stories that will teach you how to find joy no matter how unlikely it may seem. Each chapter holds a piece of the puzzle, the building blocks to living a life with joy: hope, confidence, positivity, authenticity, humility, friendship, resilience, and faith. Finding joy is not an easy task, but Bonnie will lay the path for you to make the daily choice of joy over bitterness. Know that whatever lies ahead of you, you have the choice to move past it with love, laughter, and happiness. | -Self-Confidence -Self-Acceptance | 1 |
| Purge: Rehab Diaries | -Nicole Johns | 2009 | In this raw and engaging account of her months in rehab, Nicole Johns documents her stay in a residential treatment facility for eating disorders. Her prose is lucid and vivid, as she seamlessly switches verb tenses and moves through time. She unearths several important themes: body image and sexuality, sexual assault and relationships, and the struggle to piece together one's path in life. While other books about eating disorders and treatment may sugarcoat the harsh realities of living with and recovering from an eating disorder, Purge does not hold back. Purge sends a message: though the road may be rough, ultimately there is hope. | -Recovery -Binge Eating -Abuse | 1 |
| Psychodynamic Treatment of Anorexia Nervosa and Bulimia | -Craig Johnson, PhD | 1991 | Early treatment literature on anorexia nervosa and bulimia reported almost exclusively on brief treatment approaches that entailed either psychopharmacological or cognitive-behavioral interventions. While this literature demonstrated that one-third of these | -Treatment Approaches -Anorexia -Bulimia | 1 |

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| | | | patients were treatable with brief therapy and another one third showed improvement, the final one-third of these patients did not respond to brief interventions. Recent research indicates that this last group of patients may also suffer from significant personality disorders or Axis II co-morbidity. Considered difficult to treat, these patients require longer term, informed individual psychotherapy. Designed specifically to address the challenges of this difficult-to-treat population, this volume is the first to focus exclusively on exploring eating disorders from a psychodynamic perspective. | -Clinicians/ Clients | |
| The Zen of Eating: Ancient Answers to Modern Weight Problems | -Ronna Kabatznick, PhD | 1998 | When it comes to weight loss, the emphasis today is shifting away from fad diets and compulsive workouts toward sane, sensible techniques that incorporate both the mind and the body. This is the first book to apply the 2,500-year-old principles of Zen Buddhism to the modern struggle with the vicious cycle of dieting, losing, and regaining weight. From a Buddhist perspective, overeating is a disorder of desire. This book will teach readers how to find freedom from eating problems and the tyranny of desire that triggers them. Filled with concrete, practical exercises and the wisdom of the ages, The Zen of Eating provides, at last, an alternative to ineffective diet programs, products, and pills. | -Religion/ Spirituality -Binge Eating -Recovery | 1 |
| Making Peace with Food: Freeing Yourself from the Diet/ Weight Obsession | -Susan Kano | 1989 | For millions of diet-conscious Americans, the scientifically proven, step-by-step guide to overcoming repeated weight loss and gain, binge eating, guilt, and anxieties about food and body image. | -Body Image -Binge Eating | 1 |
| Adolescence: The Farewell to Childhood | -Louise J. Kaplan | 1984 | Reissued to coincide with the release of Kaplan's latest book, No Voice Is Ever Wholly Lost, Adolescence blends "poetry, scholarship, and sensitive psychological insight to produce a major contribution to the literature of human development. | -Self-Psychology -Human Development | 1 |

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| Real Kids: Come in All Sizes: 10 Essential Lessons to Build your Child's Body Esteem | -Kathy Kater | 2004 | Confronting two of this country's fastest growing health problems—body image and weight concerns among children and teens—this practical guide shows parents how to help their children maintain body esteem and make healthy choices a routine part of their lives. | -Children -Young Adults -Family Dynamics -Body Image -Self-Confidence | 1 |
| I Need Your Love- Is That True? | -Bryon Katie | 2005 | I Need Your Love—Is That True? examines a universal, age-old source of anxiety: our relationships with others. In this groundbreaking book, Katie helps you question everything you have been taught to do to gain love and approval. In doing this, you discover how to find genuine love and connection. | -Relationships | 1 |
| Loving What Is: 4 Questions that can Change your Life | -Bryon Katie | 2002 | In the midst of a normal life, Katie became increasingly depressed, and over a ten-year period sank further into rage, despair, and thoughts of suicide. Then one morning, she woke up in a state of absolute joy, filled with the realization of how her own suffering had ended. The freedom of that realization has never left her, and now in Loving What Is you can discover the same freedom through The Work. The Work is simply four questions that, when applied to a specific problem, enable you to see what is troubling you in an entirely different light. | - Goals/ Motivation | 1 |
| Broken Toys Broken Dreams: Understanding & Healing Codependency, Compulsive Behaviors, & Family | -Terry Kellogg | 1990 | Broken Toys Broken Dreams provides a clear and refreshing look into the dynamics of compulsive behavior and codependency. It addresses the key issues all of us struggle with in our families, relationships and culture. | -Family Dynamics -Relationships -Compulsive Eating | 1 |
| Dads & Daughters: How to Inspire, Understand, and Support Your Daughter | -Joe Kelly | 2002 | From father to father and with insights from many other dads, Joe Kelly shows men how they can strengthen their relationships with their daughters and explores the tremendous rewards this relationship can bring. | -Father/ Daughter -Family Dynamics -Self-Confidence | 1 |
| Can't Buy My Love: How Advertisement Changes the Way We Think & Feel | -Jean Kilbourne | 1999 | Many advertisements these days make us feel as if we have an intimate, even passionate relationship with a product. But as Jean Kilbourne points out in this | -Body Image -Media -Young Adults | 1 |

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| | | | <p>fascinating and shocking exposé, the dreamlike promise of advertising always leaves us hungry for more. We can never be satisfied, because the products we love cannot love us back.</p> <p>Drawing upon her knowledge of psychology, media, and women's issues, Kilbourne offers nothing less than a new understanding of a ubiquitous phenomenon in our culture. The average American is exposed to over 3,000 advertisements a day and watches three years' worth of television ads over the course of a lifetime. Kilbourne paints a gripping portrait of how this barrage of advertising drastically affects young people, especially girls, by offering false promises of rebellion, connection, and control. She also offers a surprising analysis of the way advertising creates and then feeds an addictive mentality that often continues throughout adulthood.</p> | | |
| Moving Away from Diets: Healing Eating Problems and Exercise Resistance | -Karin Katrina, RD -Nancy L. King, RD -Dayle Hayes, RD | 2003 | <p>Written for professionals who want to help clients heal diet mentality, binge eating and other eating problems.</p> <p>Techniques and tools to teach clients to learn to listen to their bodies' inner wisdom and eating when hunger and easily quit when satisfied (intuitive eating), to overcome exercise resistance and find joyful movement, and, ultimately, to manage weight naturally. Clinicians can immediately implement the detailed counseling strategies and techniques. Case studies outline this approach in action. Numerous handouts are provided to immediately begin using this mindful, intuitive eating / non-diet approach to helping clients with eating problems and eating disorders.</p> | -Nutrition -Clinicians/ Clients -Binge Eating | 1 |
| Eating Disorders: New Directions in Treatment and Recovery | -Barbara P. Kinoy | 1994 | Fully revised to reflect changes in the field, this collection of essays by psychotherapists who specialize in the treatment of anorexia nervosa and bulimia explains in accessible and humane terms how the | -Clinicians/ Clients -Treatment Approaches | 1 |

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| | | | treatment process works and demonstrates strategies that lead to recovery. The book details the interaction between practitioner and patient, practitioner and practitioner, and family members. The collection, which draws upon the knowledge and experience of clinicians who have practiced at the Wilkins Center for Eating Disorders, also points up the advantages of a collaborative team, for both the patient and professionals. | -Anorexia -Bulimia | |
| Moose: A Memoir | -Stephanie Klein | 2008 | Stephanie Klein was an eighth grader with a weight problem. It was a problem at school, where the boys called her "Moose," and it was a problem at home, where her father reminded her, "No one likes fat girls." After many frustrating sessions with a nutritionist known as the fat doctor of Roslyn Heights, Long Island, Klein's parents enrolled her for a summer at fat camp. Determined to return to school thin and popular, without her "lard arms" and "puckered ham," Stephanie embarked on a memorable journey that would shape more than just her body. It would shape her life. | -Body Image | 1 |
| The Beginner's Guide to Eating Disorders Recovery | -Nancy J. Kolodny | 2004 | Questions and awareness activities are at the heart of this book, offering a variety of ways in which readers can pinpoint problems, identify negative triggers" and diffuse them. The text, written in a calm, conversational tone, is sprinkled with insights and inspiring quotes from the author's clients and readers. Ideas are explained in language accessible to teenagers without being condescending. Includes special sections on athletes, tips for avoiding relapse, basic facts about nutrition, and the role that families play in recovery. This is a self-help guide in the truest sense because, while not ignoring the role of the therapist in treatment, it places the primary responsibility for recovery in the hands of the individual, where lasting change must begin. | -Young Adults -Recovery -Nutrition | 1 |

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| Eating Disorders: A Reference Sourcebook | -Raymond Lemberg -Leigh Cohn | 1999 | Eating disorders such as anorexia nervosa and bulimia nervosa pose a grave danger to the health of thousands of Americans each year. This sourcebook brings together in a single volume an extensive amount of information and resources regarding the diagnosis and treatment of these potentially life-threatening conditions. This volume is a substantially updated and expanded version of Controlling Eating Disorders with Facts, Advice, and Resources (Oryx, 1992). | -Anorexia -Bulimia -Medical Specialties | 1 |
| The Prevention of Eating Problems and Eating Disorders: Theory, Research, and Practice | -Michael P. Levine -Linda Smolak | 2006 | This is the first authored volume to offer a detailed, integrated analysis of the field of eating problems and disorders with theory, research, and practical experience from community and developmental psychology, public health, psychiatry, and dietetics. The book highlights connections between the prevention of eating problems and disorders and theory and research in the areas of prevention and health promotion; theoretical models of risk development and prevention (e.g., developmental psychopathology, social cognitive theory, feminist theory, ecological approaches); and related research on the prevention of smoking and alcohol use. | -Prevention -Medical Specialties | 1 |
| Purge | -Sarah Darer Littman | 2009 | A striking story about a girl's recovery from bulimia. | -Bulimia | 1 |
| Unwell | -Leslie Lipton | 2006 | This is the story of a young girl led astray by the allure of thinness and beauty and its potential power to change her life. It is also a story of friendship, love, hate, and hard choices. It is a story about the strength that we all have within us if only we can draw it out. Written in a perspective and voice not often encountered, it is the hope that this book will sober some, enlighten others and ultimately inspire all. | -Anorexia -Body Image | 1 |
| Looking Good: Male Body Image in Modern America | -Lynne Luciano | 2001 | Not so long ago, what the average American man did mattered more than how he looked. Since the 1970s, however, projecting the right look has become more and more essential, and men are spending millions of | -Males -Body Image -Self-Acceptance | 1 |

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| | | | dollars on fitness training, bodybuilding, hair replacement, and cosmetic surgery in the relentless pursuit of physical perfection. What has caused American men to fall into the beauty trap so long assumed to be a special danger for women? This book looks at the confluence of social, economic, and cultural changes that have shaped the new cult of male body image in postwar America. Lynne Luciano explores what men are doing to themselves, asks why they are doing it, and discovers what this new world tells us about American society today. | | |
| Body Wars: Making Peace with Women's Bodies | -Margo Maine, PhD | 1999 | In this ground-breaking study, Margo Maine declares war on a culture that dismisses, devalues, and disempowers women by making them hate their own bodies. This book covers issues from dieting and weight prejudice to concepts of beauty and ageism to sports, fashion advertising, and propaganda. With practical strategies for activists, educators, and parents, this book also contains extensive references and appendices. Body Wars takes its place alongside The Beauty Myth and Reviving Ophelia in recognizing the constant assault women face, but goes further by giving them practical tools with which to fight back. | -Body Image -Media -Self-Acceptance | 1 |
| Individual Psychotherapy and the Science of Psychodynamics | -David H. Malan | 1979 | The book offers an invaluable description of dynamic psychotherapy and the theory on which it is based. Through the use of numerous case studies and clinical stories, the book begins by illustrating everyday mental mechanisms, moving on to a discussion of some of the most profound problems experienced by human beings. Practical applications of theory through different techniques are described, from the straightforward to the handling of some of the most complex and dangerous situations likely to be encountered in psychotherapy. Part of the book's unique value is derived from the way in which it distills from psychoanalytic theory the core of scientific truth. | -Self-Psychology | 1 |

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| Father Hunger: Fathers, Daughters, and the Pursuit of Thinness | -Margo Maine, PhD | 2004' | "Father Hunger" is the emptiness experienced by women whose fathers were physically or emotionally absent—a void that leads to unrealistic body image, yo-yo dieting, food fears and disordered eating patterns. After having completed a decade's worth of further investigation, Dr. Maine has updated the information about men and their daughters in this second edition. She offers a new crash course on being a girl in today's culture, based on her expertise as a leading eating disorders prevention advocate. This edition describes the origins of father hunger and its effect on the family, with even more practical solutions to help fathers and daughters understand and improve their relationships. | -Father/ Daughter -Body Image | 1 |
| Saving our Last Nerve: The Black Woman's Path to Mental Health | -Marilyn Martin, MD, MPH | 2002 | Mental health is a frequently overlooked aspect of African American health care, especially among women. This guide offers advice for helping African American women handle the stresses of everyday life and anticipate and prepare for long-term mental health. While acknowledging the myth of the "strong black female," it stresses the importance of maintaining support systems and developing self-esteem to combat self-hatred. Also included are tips for negotiating the mental health system and understanding various types of treatments, as well as advice for instilling good health habits in the next generation. | -Mental Health | 1 |
| It's Not Your Fault: Overcoming Anorexia and Bulimia Through Biopsychiatry | -Russell Marx, MD | 1991 | Discusses the different types of eating disorders and provides insight to the physical cause of these conditions and how to treat the illnesses through a biological and psychological approach using educational, behavioral, drug, and cognitive therapies. | -Anorexia -Bulimia -Treatment Approaches | 1 |
| The New Psycho-Cybernetics | -Maxwell Maltz, MD | 2001 | With over 30 million copies sold since its original publication in 1960, Psycho-Cybernetics has been used by athletes, entrepreneurs, college students, and many others, to achieve life-changing goals--from losing | -Goals/ Motivation | 1 |

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| | | | weight to dramatically increasing their income-- finding that success is not only possible but remarkably simple. | | |
| Brief Therapy and Eating Disorders | -Barbara McFarland | 1995 | In Brief Therapy and Eating Disorders, Barbara McFarland offers practitioners the necessary tools to provide brief, clinically sound eating disorders treatment. Drawing from her own clinical experience as the founder of The Eating Disorders Recovery Center, she demonstrates how solution-focused brief therapy is one of the more efficient approaches in treating eating disorders. Instead of focusing on client pathology and deficits, this approach operates on the assumption that eating disorder clients have the necessary internal resources to create unique solutions to their problems. The author believes that clinicians must begin with the least intrusive treatment interventions and work diligently with clients to determine treatment goals that are salient to them. | -Clinicians/ Clients | 2 |
| Feeding the Empty Heart: Adult Children and Compulsive Eating | -Barbara McFarland -Tyeis Baker-Bauman | 1988 | Many children who grew up in alcoholic families attempt to cope with the pain through behaviors which are potentially addictive. Feeding The Empty Heart not only offers an understanding of the problem of eating disorders in adult children of alcoholics, it also outlines effective treatment options, describes the recovery process and shares personal stories that make poignantly clear the struggles - and rewards - that lie along the way to recovery. | -Young Adults -Compulsive Eating | 1 |
| Breathing Freely: Celebrating the Imperfect Life | -Ruth McGinnis | 2002 | Explores ways women can understand their lives through an examination of the past, counseling on how to live a joyful life, learn from failures and mistakes, and find God's grace in spite of difficult challenges. | -Religion/ Spirituality -Self-Confidence | 1 |
| Living the Good Life | -Ruth McGinnis | 1998 | A fitness trainer and musician well known within the Christian and country music industries shows readers how to combine good nutrition, exercise, emotional balance, and spirituality to achieve a state of health and happiness. | -Self-Acceptance -Goals/ Motivation | 1 |

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| <p>Why She Feels Fat: Understanding Your Loved One's Eating Disorder and How You Can Help</p> | <p>-Johanna Marie Mcshane, PhD -Tony Paulson, PhD</p> | <p>2008</p> | <p>Sprinkled with over 100 quotes from recovering individuals, Why She Feels Fat explores eating disorders from the inside out to convey the emotional experience and perspectives of those who have them. Decoding the deeper meaning of the statement "I feel fat" is at the heart of this simple and straightforward book that also includes basic information, such as signs, symptoms, medical complications, causes, approaches to treatment, and stages of recovery.</p> | <p>-Relationships -Family Dynamics -Treatment Approaches</p> | <p>1</p> |
| <p>Eating Disorders: A Guide to Medical Care and Complications</p> | <p>-Philip S. Mehler, M.D. -Arnold E. Anderson, M.D.</p> | <p>1999</p> | <p>Mehler and Andersen identify common medical complications that people who have eating disorders face and answer questions about how to treat them. They also cover such serious complications as osteoporosis, cardiac arrhythmia, electrolyte abnormalities, immune compromise, and gastrointestinal sequel. Incorporating case studies, medical background on the complications, suggestions for diagnosis and treatment, and a list of selected references, chapters cover important topics including team treatment and nutritional rehabilitation. The authors also address special areas of concern, such as athletes who have eating disorders and the pharmacologic treatment of obesity.</p> | <p>-Clinicians/ Clients -Medical Specialties</p> | <p>2</p> |
| <p>The Pathway</p> | <p>-Laurel Mellin</p> | <p>2003</p> | <p>The ability to self-nurture and set effective limits is the root of human maturity, and the foundation for emotional, behavioral, and spiritual balance. Fortunately, the skills to self-nurture and set effective limits can be fine-tuned and readers will learn them via a wealth of practical examples, colorful case histories, and scientific findings that are both fascinating and easy to understand. These skills are effective for a wide range of psychological and addictive problems—from alcoholism and other addictions to overeating, overworking, overspending, and perfectionism.</p> | <p>-Addiction -Recovery</p> | <p>1</p> |

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| The Diary of an Anorexic Girl | -Morgan Menzie | 2003 | Morgan Menzie takes readers through a harrowing but ultimately hopeful and inspiring account of her eating disorder. Her amazing story is told through the journals she kept during her daily struggle with this addiction and disease. Her triumphs and tragedies all unfold together in this beautiful story of God's grace. Features include: daily eating schedule, journal entries, prayers to God, poems, and what she wished she knew at the time. It's the true story of victory over a disease that is killing America's youth. | -Anorexia -Recovery -Religion/ Spirituality | 1 |
| When Dieting Becomes Dangerous: A Guide to Understanding and Treating Anorexia & Bulimia | -Susan Williard -Deborah M. Michel, PhD | 2003 | This primer on anorexia and bulimia is aimed directly at patients and the people who care about them. Written in simple, straightforward language by two experts in the field, it describes the symptoms and warning signs of eating disorders, explains their presumed causes and complexities, and suggests effective treatments. | -Anorexia -Bulimia -Prevention -Treatment Approaches | 1 |
| My Name is Caroline | -Caroline Adams Miller | 1988 | Caroline Adams Miller appeared to have the picture-perfect life: an upbringing in an affluent Washington, D.C. suburb, a loving family, athletic achievements, academic success, and admission to Harvard University. Unknown to her family and friends, however, Caroline was bulimic and spent many solitary years pursuing her addiction to bingeing and purging large quantities of food before it almost killed her. My Name is Caroline is the inspirational story of how she managed to admit her shameful secret to her husband and family, and then seek help. Her extraordinary journey to health and well-being has moved thousands of readers to seek help for themselves, and many professionals praise the book as an essential tool in helping families understand the complicated dynamics of eating disorders. | -Binge Eating -Bulimia -Recovery -Family Dynamics | 1 |
| Bulimia Nervosa | -James E. Mitchell, MD | 1990 | In Bulimia Nervosa, James E. Mitchell provides a concise overview of the topic, a review of the literature available, his interpretation of this | -Bulimia | 1 |

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| | | | information, and recommendations based on his extensive clinical experience. He concludes that although significant questions about treatment techniques, comorbidity, and the biology of bulimia nervosa remain, practitioners and their clients can be assured about the prospects for successful treatment. | | |
| Coping with Eating Disorders | -Barbara Moe | 1999 | Describes the different kinds of eating disorders, what can cause them, and what can be done about them | -Coping -Treatment Approaches | 1 |
| Understanding Eating Disorder Support Groups | -Heather Moehn | 2000 | Describes the most common types of eating disorders and discusses the forms of support that are available for the recovery process. | -Support Group Tools -Treatment Approaches Recovery | 1 |
| Binge No More: Your Guide to Overcoming Disordered Eating | -Joyce D. Nash, PhD | 1999 | In Binge No More, eating disorder specialist Dr. Joyce Nash provides all the information, encouragement, and guidance readers need to transform their relationship with food. Readers will identify with the experiences of other binge eaters whose insightful stories are told throughout the book. Rather than providing a one-size-fits-all solution to binge eating, Dr. Nash provides a variety of sound cognitive therapy techniques and coping strategies to help readers understand their own binge eating problems and overcome them. Therapists and family members concerned about a loved one's eating disorder will also find this book a valuable resource. | -Binge Eating | 1 |
| When your Child has an Eating Disorder | -Abigail Natenshon | 1999 | When Your Child has an Eating Disorder is the first hands-on workbook to help parents successfully intervene when they suspect their child has an eating disorder. This step-by-step guide is filled with self-tests, questions and answers, journaling and role playing exercises, and practical resources that give parents the insight they need to understand eating disorders and their treatment, recognize symptoms in their child, and work with their child toward | -Family Dynamics -Children -Recovery | 1 |

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| | | | recovery. This excellent and effective resource is one therapists can feel confident about recommending to patients. | | |
| "I'm Like So Fat!": Helping Your Teen Make Healthy Choices about Eating & Exercise in a Weight Obsessed World | -Dianne Neumark-Sztainer, PhD | 2005 | It's hard to decide which is more frightening--the "food" teenagers enjoy, or the things they say about their bodies. Whether it's your son's passion for chips and soda or your daughter's announcement that she "feels fat," kids' attitude about how they look and what they should eat often seem devoid of common sense. In a world where television and school cafeterias push super-sized sandwiches while magazines feature pencil-thin models, many teens feel pressured to starve themselves and others eat way too much. Blending her experience as the mother of four with results from a survey of nearly 5,000 teens, Dr. Diane Neumark-Sztainer shows you how to respond constructively to "fat talk," counteract negative media messages, and give your kids the straight story about nutrition and calories, the dangers of dieting, and eating right when they're away from home. Full of examples illustrating the challenges teens face today, this upbeat and insightful book is packed with great ideas that will help kids everywhere feel better about their looks and make healthier choices about eating and exercise. | -Family Dynamics -Body Image -Young Adults -Children | 1 |
| Fat Talk: What Girls and Their Parents Say About Dieting | -Mimi Nichter | 2000 | Anthropologist Mimi Nichter spent three years interviewing middle school and high school girls—lower-middle to middle class, white, black, and Latina—about their feelings concerning appearance, their eating habits, and dieting. In Fat Talk, she tells us what the girls told her, and explores the influence of peers, family, and the media on girls' sense of self. Letting girls speak for themselves, she gives us the human side of survey statistics. Fat Talk takes the reader into the lives of girls as daughters, providing insights into how parents talk to their teenagers about | -Family Dynamics -Body Image -Young Adults Self-Acceptance -Media | 1 |

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| | | | <p>their changing bodies. The black girls admired their mothers' strength; the white girls described their mothers' own "fat talk," their fathers' uncomfortable teasing, and the way they and their mothers sometimes dieted together to escape the family "curse"—flabby thighs, ample hips. Moving beyond negative stereotypes of mother–daughter relationships, Nichter sensitively examines the issues and struggles that mothers face in bringing up their daughters, particularly in relation to body image, and considers how they can help their daughters move beyond rigid and stereotyped images of ideal beauty.</p> | | |
| <p>Over It: A Teen's Guide to Getting Beyond Obsessions with Food & Weight</p> | <p>-Carol Emery Normandi -Lauralee Roark</p> | 2001 | <p>Every year, desperate parents try to save their daughters from starving themselves to death. Yet every year, more girls eat less to look like their favorite supermodels. With this sobering fact in mind, Carol Emery Normandi and Lauralee Roark developed this book based on their ongoing workshops and the feedback of hundreds of young women. They look at the behaviors that may lead to eating disorders and the cultural, emotional, and physical reasons girls obsess about weight and eating. They go on to offer girls and their parents a map and a method for finding a realistic and livable balance. Stories and quotations from girls who have struggled with eating disorders give the book immediacy, and exercises and writing suggestions steer girls toward a healthy self-image and wholesome eating patterns.</p> | <p>-Young Adults -Body Image -Prevention</p> | 1 |
| <p>EDNOS: Eating Disorders Not Otherwise Specified</p> | <p>-Claes Norrington -Bob Palmer</p> | 2005 | <p>Eating Disorders Not Otherwise Specified covers all eating disorders that do not fall into either of the two main diagnostic groups: anorexia nervosa and bulimia nervosa. Although these less well known conditions are common and can be very severe, they are often neglected. This book brings together contributions from many of the leading researchers and practitioners in the field of eating disorders and presents the topic</p> | <p>-History of ED -ED other than Anorexia and Bulimia -Data Surveillance</p> | 1 |

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| | | | of EDNOS from a range of perspectives including the clinical, the epidemiological, the biological, and the trans-cultural. Subjects covered include: History of the classification of eating disorders, clarifying the nature of EDNOS: cluster analysis, diagnosis, and comorbidity, how family and twin studies inform the developing nosology of eating disorders, and a neurodevelopmental perspective on EDNOS. | | |
| Mother-Daughter Wisdom: Underlying the Crucial Link Between Mothers, Daughters, and Health | -Christiane Northrup, MD | 2005 | Mother-Daughter Wisdom introduces an entirely new map of female development, exploring the “five facets of feminine power,” which range from the basics of physical self-care to the discovery of passion and purpose in life. This blueprint allows any woman—whether or not she has children—to repair the gaps in her own upbringing and create a better adult relationship with her mother. If she has her own daughter, it will help her be the mother she has always wanted to be. | -Family Dynamics -Self-Acceptance | 1 |
| The Broken Mirror | -Katharine A. Phillips, M.D. | 1996 | In a world obsessed with appearances, it is not surprising that body dysmorphic disorder, or BDD, has manifested itself as a troubling and relatively common problem for many individuals. In The Broken Mirror, the first and most definitive book on BDD, Dr. Katharine Phillips draws on years of clinical practice, scientific research, and professional evaluations of over 700 patients to bring readers her expertise and experience with this often debilitating illness. BDD causes sufferers to be obsessed by perceived flaws in their appearance and may afflict as much as two percent of the population, or nearly five million people. Many sufferers are able to function well in society, but remain secretly obsessed by their "hideous acne" or "horrible nose," sneaking constant peeks at a pocket mirror, or spending hours at a time redoing makeup. Others find their lives disintegrate because of their appearance obsessions. It is not an | -Body Dysmorphic Disorder | 3 |

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| | | | uncommon disorder, simply a hidden one, since sufferers are often embarrassed to tell even their closest friends about their concerns. The author presents the stories and interviews of over 200 individuals to show the many different behaviors and symptoms of BDD, and includes a quick self-assessment questionnaire. Four new chapters provide updated information on treatment of BDD, frequently obtained treatments to be avoided, and more detailed advice for family members and friends on how to cope with the disorder. | | |
| The Secret Language of Eating Disorders | -Peggy Claude-Pierre | 1997 | If you are a parent, family member, loved one, or caregiver of a victim, or a victim yourself, you know the punishing pain and sense of helplessness caused by eating disorders. Now an extraordinary book offers new hope and help to all whose lives are threatened by these scourges. In The Secret Language of Eating Disorders, Peggy Claude-Pierre puts damaging myths to rest and reveals her groundbreaking theories on the ultimate cure for illnesses that current medicine treats with little success. | -Relationships -Family Dynamics | 1 |
| Reviving Ophelia: Saving the Selves of Adolescent Girls | -Mary Pipher, PhD | 1994 | As a therapist, Mary Pipher was becoming frustrated with the growing problems among adolescent girls. Why were so many of them turning to therapy in the first place? Why had these lovely and promising human beings fallen prey to depression, eating disorders, suicide attempts, and crushingly low self-esteem? The answer hit a nerve with Pipher, with parents, and with the girls themselves. Crashing and burning in a “developmental Bermuda Triangle,” they were coming of age in a media-saturated culture preoccupied with unrealistic ideals of beauty and images of dehumanized sex, a culture rife with addictions and sexually transmitted diseases. They were losing their resiliency and optimism in a “girl-poisoning” culture that propagated values at odds with | -Young Adults -Body Image -Media | 1 |

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| | | | those necessary to survive. Told in the brave, fearless, and honest voices of the girls themselves who are emerging from the chaos of adolescence, Reviving Ophelia is a call to arms, offering important tactics, empathy, and strength, and urging a change where young hearts can flourish again, and rediscover and reengage their sense of self. | | |
| Preventing Eating Disorders: Handbook of Interventions/ Special Challenges | -Niva Piran -Michael P. Levine -Catherine Steiner-Adair | 1999 | This comprehensive resource provides multiple prevention strategies, programs, and approaches for health and mental health workers, educators, researchers, students, and interested members of the community at large who work to prevent eating disorders and related problems. | -Clinicians/ Clients -Treatment Approaches | 1 |
| The Adonis Complex: How to Identify, Treat, and Prevent Body Obsession in Men and Boys | -Harrison Pope, MD -Katharine Phillips, MD -Robert Olivardia, PhD | 2000 | Trying everything from compulsive weight lifting to steroids, more and more boys and men are taking the quest for physical perfection beyond the bounds of normal behavior. The Adonis Complex -- the groundbreaking book that first gave a name to this phenomenon and sparked nationwide interest in the subject -- identifies for the first time the symptoms and warning signs of this dangerous problem. | -Males -Anorexia -Bulimia -Binge Eating -Body Image | 1 |
| The Exercise Balance | -Pauline Powers, MD -Ron Thompson, PhD | 2008 | Healthy exercise means finding a balance between overtraining and inactivity. This information book offers concrete recommendations for creating a moderate, individualized exercise plan, while discussing both ends of the spectrum- from compulsive exercisers who push their bodies to the extreme, to sedentary people who are ready to become more active. The consequences of imbalance are also discussed, including specific recommendations for people with chronic illnesses, as well as guidelines for coaches, trainers, physical therapists, and other healthcare professionals. | -Physical Activity -Medical Specialties | 1 |
| Children Together: Teaching Girls and Boys to Value Themselves & Each Other | -Kathryn Goerign Reid -Ken Hawkley | 2000 | Education within the Church and within the family is the only way to change old patterns and smash cultural stereotypes. Reid and Hawkley reexamine God's | -Children -Religion/ Spirituality | 1 |

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| | | | message of love for all people through the lens of Scripture. Children Together will help the church teach children about inequality and discrimination and help children learn to value themselves and others for who they are. Each age-appropriate lesson covers topics such as learning to work together, exploring individual potential, media and stereotypes, and sexual harassment. This resource will be a welcome addition to parents, pastors as teachers, Christian educators, and those who do ministry with children. | | |
| The Art of Being: Reflections on the Beauty and the Risk of Embracing Who We Are | -Constance Rhodes -Charlie Peacock | 2004 | In today's achievement-oriented culture, it can feel impossible to separate who we are from what we accomplish. We introduce ourselves by announcing what we do for a living. Endless "to do" lists drive us away from self-discovery and true contentment. We hope that our successes will cause our busyness to feel worthwhile, yet despite our accomplishments, we long for something more. Featuring original essays and stories from a diverse list of contributors including Jonathan Foreman (Switchfoot), Sara Groves, Matthew Odmark (Jars of Clay), Gloria Gaither, Don and Lori Chaffer (Waterdeep), Tammy Trent, and Linford Detweiler (Over the Rhine), The Art of Being explores what it really means to "be" who we are. Here you will find an encouraging, challenging companion on your journey toward discovering your true identity—and toward finding a satisfaction that lasts. | -Self-Acceptance | 1 |
| Spiritual Approaches in the Treatment of Women with Eating Disorders | -P. Scott Richards -Randy K. Hardman -Michael E. Berrett | 2007 | This book is for the practitioner who wishes to incorporate therapy that draws on client's spirituality or religious background as a resource for recovery from eating disorders. There is growing empirical evidence that spiritual approaches to treating clients are as effective, and sometimes more effective, than secular ones, particularly with religiously devout clients. In this book, the author builds on the literature | -Treatment Approaches -Clinicians/ Clients -Religion/ Spirituality | 1 |

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| | | | documenting the influence of client religiousness and spirituality on the development and maintenance of as well as the recovery from eating disorders. | | |
| 101 Ways to Help Your Daughter Love Her Body | -Brenda Lane Richardson -Elane Rehr | 2001 | In 101 Ways to Help Your Daughter Love Her Body, two mothers -- one a clinical psychologist, the other an award-winning journalist -- have teamed up to provide parents with practical ideas tailored to girls from birth through the teenage years. These initiatives inform parents and encourage them to take active roles in helping their daughters develop confidence, treat their bodies with love and respect, and make peace with their unique builds so that they can revel in a sense of femaleness and physical competence. Psychologically astute and fun to read, this proactive guide will help define a new generation of healthy girls. There's no better time than now to help our daughters, young and growing, learn to love their bodies. | -Family Dynamics -Body Image -Self-Acceptance -Prevention | 1 |
| The Anorexia Diaries | -Linda M. Rio -Tara M. Rio -Craig Johnson, PhD | 2003 | Tara Rio was an ordinary teenager- good student, good athlete, good daughter. She was also good at keeping a secret. Only her diary knew. Her mom, Linda, kept secrets, too, in a diary of her own, confessing private doubts about herself, her marriage, and her ambitions for a better life. When Linda discovers her daughter's secret struggle with eating disorders, they finally find the ways to connect with each other to protect her family and steer Tara's path to recovery. Unlike any other book, The Anorexia Diaries takes you inside the puzzling world of teenage eating disorders. Witness the real-life story through intimate journals that reveal the Rio family's darkest moments- and greatest triumphs. | -Mother/ Daughter -Recovery | 1 |
| Healing Body, Mind, and Spirit: An Integrative Approach to the Treatment of Eating Disorders | -Carolyn Coker Ross, MD, MPH | 2007 | Healing Body, Mind and Spirit goes beyond the conventional treatment of eating disorders and speaks to the transformative potential of tapping into a deeper level of healing. Integrative medicine takes into | -Treatment Approaches -Self-Acceptance | 1 |

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| | | | account the whole person - body, mind and spirit and uses both conventional therapies and complementary approaches to awaken the individual's own self-healing potential. The integrative medicine approach to treating eating disorders developed by the author goes beyond the understanding that eating disorders can be described by their biological, physiological and genetic basis. Healing Body, Mind and Spirit examines the emotional underpinnings, core beliefs and the deeper urges of the soul yearning for expression in those who suffer from these life-threatening conditions. | | |
| Earning Your Own Respect: A Handbook of Personal Responsibility | -Thom Rutledge | 1998 | Full of personal insights and thoughtful self-discovery exercises, this book will help you free yourself from unresolved issues, deal with conflicting values, and get on with your life. Earning Your Own Respect will show you that by taking life into your own hands, you'll learn to make strong, healthy decisions and discover your own true direction and inner strength. | -Self-Acceptance -Self-Confidence | 1 |
| Simple Truth: Direction Toward a Vital Self-Image | -Thom Rutledge | 1990 | This delightful book is written to help us meet the great challenge of attaining self acceptance. Simple Truth includes ten therapeutic exercises developed and refined through years of the author's professional and personal experiences. Whether done individually or in a group setting, these exercises consistently yield profound insight and help unlock potential for new and positive behavior. Concise, practical, and even fun! | -Reflection -Support Group Tools -Mindfulness | 1 |
| Coming Home to a Place Called Hope: A Journey for the Wounded Soul | -James E. Robinson | 2008 | Supported by a framework of scriptural truth, this book will explore ways to: Identify and overcome the "idols" in your life, stop paying hide-and-seek with God, combine faith-based and medical treatments for the most benefit, overcome fear and shame so you can be free to accept God's love. | -Religion/ Spirituality | 1 |
| Body Traps: Breaking the Binds that Keep You From Feeling Good About Your Body | -Judith Rodin | 1992 | From the Shame Trap, which causes us to think that body faults signal character faults; to the Food Trap, where eating becomes both a sin and a pleasure; to the | -Self-Acceptance -Body Image | 1 |

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| | | | Fitness Trap, the idea that even too much exercise isn't really enough, Dr. Rodin explores the enormous significance our bodies have, both socially and psychologically. She helps us understand both who we are and why we are that way. | | |
| Feeding the Hungry Heart: The Experience of Compulsive Eating | -Geneen Roth | 1982 | This is how Geneen Roth remembers her time as an emotional overeater and self-starver. After years of struggle, Roth finally broke free from the destructive cycle of bingeing and purging. In the two decades since her triumph, she has gone on to help tens of thousands of others do the same through her lectures, workshops, and retreats. Those she has met during this time have shared stories that are both heartrending and inspiring, which Roth has gathered for this unique book. Twenty years after its original publication, Feeding the Hungry Heart continues to inspire women and men, helping them win the battle against a hunger that goes deeper than a need for food. | -Anorexia -Bulimia | 1 |
| Dying to Be Thin: Understanding and Defeating Anorexia Nervosa and Bulimia- A Practical Lifesaving Guide | -Ira M. Sacker, MD -Marc A. Zimmer, PhD | 1987 | This authoritative and compassionate guide gives families, friends, and sufferers themselves the help they need. Written by two experts in the field of eating disorders who have already helped thousands return to healthy lives, this complete resource includes first-person case histories. | -Anorexia -Bulimia | 1 |
| Feeding the Starving Mind | -Doreen A. Samelson | 2009 | Starvation eating disorders such as anorexia not only affect your body, but also take a devastating toll on your mind. Constantly feeling anxious about your weight, your appearance, and your self-worth can leave you mentally exhausted. And no matter how thin you become, it's impossible to be happy when you are controlled by anxious and obsessive thoughts. If you're ready to stop letting your eating disorder run your life, Feeding the Starving Mind can help. As you work through the program in this book, you'll discover the source of your eating disorder, identify the compulsive thoughts that contribute to it, and take | -Anorexia | 1 |

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| | | | steps toward developing a healthy relationship with food and exercise. | | |
| The Deadly Diet: Recovering from Anorexia & Bulimia | -Terence J. Sandbek, PhD | 1993 | Offering proven cognitive-behavioral techniques, this book's self-help program teaches effective coping skills in three areas: stress reduction, behavior change and cognitive change. It provides essential techniques for confronting the inner voice that's responsible for the shame, guilt, and low self-worth that fuels eating disorders. | -Coping -Anorexia -Bulimia -Self-Confidence | 1 |
| Your Child's Weight: Helping Without Hurting: Birth Through Adolescence | -Ellyn Satter, RD, LCSW | 2005 | As much about parenting as feeding, this latest release from renowned childhood feeding expert Ellyn Satter considers the overweight child issue in a new way. Combining scientific research with inspiring anecdotes from her decades of clinical practice, Satter challenges the conventional belief that parents must get overweight children to eat less and exercise more. In the long run, she says, making them go hungry and forcing them to be active makes children preoccupied with food, prone to overeating, turned off to activity, and likely to gain too much weight. Trust is a central theme here: children must be able to trust parents to provide as much food as they need to satisfy their appetites; parents must trust children to eat only as much as they need. Satter provides compelling evidence that, if parents do their jobs with respect to feeding, children are remarkably capable of knowing how much to eat. | -Children -Family Dynamics -Prevention | 1 |
| Body Kindness | -Rebecca Scritchfield, RDN | 2016 | This practical, inspirational, and visually lively book shows you how to create a healthier and happier life by treating yourself with compassion rather than shame. It shows the way to a sense of well-being attained by understanding how to love, connect, and care for yourself- and that includes your mind & body. | -Reflection -Mindfulness -Body Image -Self-Acceptance | 1 |
| Bulimia: A Guide for Family & Friends | -Roberta Sherman, PhD | 1990 | The classic book that offers understanding and a positive approach. Sherman and Thompson answer the questions asked most frequently by the families and | -Family Dynamics -Relationships | 1 |

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| | -Ron Thompson, PhD | | friends of bulimics. Why do some women become bulimic? What are the medical risks? The authors-- both experts on the causes and treatment of eating disorders--have created the first authoritative step-by-step guide to this complex disease. They reveal bulimia's insidious nature including the fact that those who care the most about helping can actually make things worse. Filled with practical information and advice, this essential resource offers hope to millions of bulimics and their loved ones. | -Bulimia | |
| Eating Disorders for Dummies | -Susan Schulherr, LCSW | 2008 | Do you think that you or someone you love may suffer from an eating disorder? Eating Disorders For Dummies gives you the straight facts you need to make sense of what's happening inside you and offers a simple step-by-step procedure for developing a safe and health plan for recovery. This practical, reassuring, and gentle guide explains anorexia, bulimia, and binge eating disorder in plain English, as well as other disorders such as bigorexia and compulsive exercising. Informative checklists help you determine whether you are suffering from an eating disorder and, if so, what impact the disorder is having or may soon have on your health. You'll also get plenty of help in finding the right therapist, evaluating the latest treatments, and learning how to support recovery on a day-by-day basis. | -Anorexia -Bulimia -Binge Eating | 1 |
| Getting a Grip: On My Body, My Mind, My Self | -Monica Seles | 2009 | Getting a Grip chronicles Monica Seles's early success on the tennis circuit where, at age sixteen, she became the youngest winner in French Open history. For three years she dominated the tour, seemingly unstoppable, until a deranged Steffi Graf fan plunged a knife into her back during a match in Hamburg and turned her life upside down. Her injuries healed but the emotional trauma was deep. She spent more than two years in seclusion from the media and the tennis world, trying to fight off the fog of despair until she | -Binge Eating -Recovery -Body Image -Self-Acceptance | 1 |

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| | | | continued the battle against herself-grueling six-hour workouts were sabotaged by secretive late- night binges-and she was assaulted with criticism about her weight from her trainers and, most brutally, the press. After an excruciating injury forced her to take time off from tennis in 2003, Seles embarked on her own journey. As she uncovered the painful emotional reasons that had been the trigger for her binge-eating, she finally found the peace and balance she had been searching for. Seles's determination, amazing talent, and touching vulnerability make her story truly inspiring. | | |
| The Courage to Raise Good Men | -Olga Silverstein -Beth Rashbaum | 1994 | Calling into question the necessity of "male role models," an experienced psychologist shows how our culture sanctions the emotional blighting of young males, offering advice for transforming mother-son relationships and gender roles. | -Males | 1 |
| Becoming Real: Defeating the Stories we tell Ourselves that Hold us Back | -Gail Saltz, MD | 2004 | Through revealing and intensive questionnaires, Dr. Gail Saltz helps you to finally identify self-defeating behaviors, improve your self-esteem, and escape your personal traps—the same difficult relationships, the same work problems, the same issues with family and friends—so that you can live with more freedom and control once and for all. Identify the symptoms, and you'll be able to discover—and rewrite—the story of your life. | -Self Confidence | 1 |
| The Good Eater: The True Story of one Man's Struggle with Binge Eating Disorder | -Ron Saxen | 2007 | Binge eating disorder, a malady that strikes some 2.5 million Americans-40 percent of whom are men-led Saxen to gain nearly one hundred pounds, destroying his modeling career and threatening his health and sanity. This compelling memoir tells Saxen's story as he plunges into binge eating, dangerous starvation diets, drug use, and a rollercoaster ride of odd careers, destructive relationships, and personal tragedies-all set against a fabulous backdrop that ranges from the streets of Sacramento to the fundamentalist enclaves of | -Males -Binge Eating -Anorexia -Abuse -Recovery | 4 |

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| | | | the Great Plains. A gripping page turner from start to finish, this amazing personal memoir will help break stereotypes and shed new light on this common disorder. | | |
| Chalked Up | -Jennifer Sey | 2008 | Fanciful dreams of gold-medal glory led Jennifer Sey to the local gymnastics club in 1976. A natural aptitude and a willingness to endure punishing hard work took her to the elite ranks by the time she was eleven years old. Jennifer traveled the country and the world competing for the U.S. National team, but the higher she set her sights—the world championships, the 1988 Olympics—the more she began to ignore her physical and mental well-being. Jennifer suffered devastating injuries, developed an eating disorder, and lived far from family and friends, all for the sake of winning. When her parents and coaches lost sight of her best interests, Jennifer had no choice but to redefine her path into adulthood. She had to save herself. Chalked Up delivers an unforgettable coming-of-age story that will resonate with anyone who has ever felt not good enough and has finally come to accept who they were meant to be. | -Recovery -Self-Acceptance -Physical Activity | 1 |
| Anorexics on Anorexia | -Rosemary Shelley | 1997 | Recovering sufferers of Anorexia Nervosa describe in their own words their personal experiences of this illness, providing not only support for fellow sufferers but also invaluable insights for the families of sufferers and for careers and professionals. In each case the contributors describe: The progression of their illness, the effect on their families, the treatment they received and its effectiveness, their perceived reasons for developing the illness, and where they are now. | -Anorexia -Recovery -Family Dynamics | 1 |
| Wise Girl: What I've Learned about Life, Love, and Loss | -Jamie-Lynn Sigler | 2002 | In Wise Girl, Jamie-Lynn reveals both the perks and the pressures that have come with fame, and how uncertain, fearful times have made her stronger, more confident, and able to face life's challenges. Writing openly and from the heart, she describes the emotional | Self-Confidence | 2 |

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| | | | and physical toll taken when Lyme disease left the healthy 19-year-old paralyzed at the height of The Soprano's popularity; an obsession with her weight that nearly destroyed her career; and the dark side of overnight success. Her story will both surprise and inspire you. For this wise girl, the key to success isn't just what's on the outside -- it's using your brains, going with your gut, and learning from your experiences, including the mistakes, every day. | | |
| The Eating Disorders Update | -Alvin Silverstein -Virginia Silverstein -Laura Silverstein Nunn | 2009 | What is an eating disorder? What are the symptoms? How are eating disorders treated? Learn about the most common eating disorders anorexia nervosa, bulimia nervosa, and binge eating disorder which affect as many as 70 million people worldwide. The book includes practical sidebars and chapters highlight individuals who struggle with these disorders. Because eating disorders affect so many children and teens, this book is a must-have for every young adult collection. | -Anorexia -Bulimia -Binge Eating -Adults | 1 |
| Coping with Compulsive Eating | -Carolyn Simpson | 1997 | For compulsive eaters, eating has very little to do with being hungry. Instead, it is used as a way to ease emotional pain or to deal with problems. In this compassionate and practical book, Simpson defines compulsive eating, describes its signs and physical/social consequences and explores its causes. She offers sound advice for recovery and lists resources for help. | -Compulsive Eating -Prevention -Young Adults -Coping | 1 |
| Starving Women: A Psychology of Anorexia Nervosa | -Angelyn Spignesi | 1983 | Starving Women by Angelyn Spignesi is an absolutely essential book. It explores anorexia through the imagery, language, and metaphor spontaneously produced by those who suffer the affliction. Informed throughout by a compassionate scholarship and a deep insight, Starving Women allows a reader to enter the symbolic dimension of this perplexing affliction and to understand its hidden meanings and intentions. The author's profound respect for the distinctive nature of the female psyche is evident on every page. | -Anorexia | 1 |

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| Revolution from Within: A Book of Self Esteem | -Gloria Steinem | 1992 | The well-know women's rights activist and feminist connects the external revolution to an internal revolution of spirit and consciousness, offering readers parables from the lives of figures as diverse as Mahatma Gandhi and Julie Andrews. | -Self-Confidence | 1 |
| Embracing Your Inner Critic | -Hal Stone -Sidra Stone | 1993 | Through examples and exercises, the Stones show us how to recognize the critic, how to avoid or minimize "critic attacks," and, most important, how the inner critic can become an intelligent, perceptive, and supportive partner in life. | -Self-Acceptance | 1 |
| Understanding Food and Your Family | -Clare Tattersall | 1999 | Describes how eating patterns and attitudes about food are partly determined by one's family and discusses eating disorders and how to deal with them | -Family Dynamics -Prevention -Body Image | 1 |
| Going Hungry: Writers on Desire, Self-Denial, and Overcoming Anorexia | -Kate Taylor | 2008 | Here, collected for the first time, 19 writers describe their eating disorders from the distance of recovery, exposing as never before the anorexic's self-enclosed world. Taking up issues including depression, genetics, sexuality, sports, religion, fashion and family, these essays examine the role anorexia plays in a young person's search for direction. Powerful and immensely informative, this collection makes accessible the mindset of a disease that has long been misunderstood. | -Anorexia -Recovery -Treatment Approaches | 1 |
| Almost Anorexic | -Jennifer J. Thomas, PhD -Jenni Schaefer | 2013 | Drawing on case studies and the latest research, this groundbreaking book combines a psychologist's clinical experience with a patient's personal recovery story to help readers understand and overcome almost anorexia. Almost Anorexia will give you the skills to: Determine if you (or your loved one's relationship with food) is a problem, gain insight on how to intervene with a loved one, discover scientifically proven strategies to change unhealthy eating patters, learn when and how to get professional help when its needed. | -Anorexia -Prevention | 1 |

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| Taking Up Space: How Eating Well & Exercising Regularly Changed my Life | -Pattie Thomas, PhD | 2005 | Taking Up Space is a sociological memoir about being fat and the physical, emotional and economic costs of trying to pass for thin in a culture that stigmatizes fat people. Making her own life a case study, medical sociologist Pattie Thomas, Ph.D., with the help of her co-author and husband Carl Wilkerson, M.B.A., outlines how stigma limit and shape the life chances of all people and are supported within culture. Through narrative text, poetry, essays, photos and drawings, Dr. Thomas shares her own process and demonstrates how a sociologically examined life can be a source for personal growth. | -Stigma -Body Image | 1 |
| Handbook of Eating Disorders and Obesity | -J. Kevin Thompson | 2004 | Featuring contributions from an international group of experts, the Handbook of Eating Disorders and Obesity is a broad-based resource that explores the major classifications of eating disorders: anorexia nervosa, bulimia nervosa, and binge eating disorder. This groundbreaking reference also offers a thorough review of the area of obesity, along with a specialized focus on body image disturbances, including body dysmorphic disorder. This comprehensive handbook presents the latest information in multiple areas of research and practice, highlighting risk factors, assessment, treatment, and prevention of eating disorders and obesity. Practical guidelines for implementing treatment strategies are supplemented with insightful clinical case studies and helpful explanations illustrating real-world applications of treatment components. | -Obesity -Body Dysmorphic Disorder -Anorexia -Bulimia -Binge Eating -Medical Specialties -Clinicians/ Clients | 1 |
| Coping Strategies Therapy for Bulimia Nervosa | -David L. Tobin | 2000 | This book provides a detailed, integrative approach for the treatment of this widespread eating disorder in its many manifestations. The author argues that coping theory can help organize the types of skills training and psychotherapeutic interventions needed by patients with bulimia nervosa. He proposes a treatment | -Bulimia -Treatment Approaches | 1 |

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| | | | "dosage" plan well suited for the current managed care environment. | | |
| Loving People: How to Love and Be Loved | -John Townsend | 2007 | What is more important than loving and being loved? Everyone wants it, but we often don't know where to begin, whether it be about family, friends, spouses, or dating relationships. This good news is that love can actually be learned. In Loving People, best-selling author Dr. John Townsend provides an understanding on the very nature of love, and teaches you the skills you need to become the loving person you were designed to be. Using his trademark stories and examples to flesh out the principles and tips, Dr. Townsend offers practical guidance on finding, maintaining, and growing more loving in relationships. | -Self-Acceptance -Relationships -Love | 1 |
| My Big Fat Manifesto | -Susan Vaught | 2008 | Jamie is a senior in high school and, like so many kids in that year, doing too much—including trying to change the world—and fighting for her rights as a very fat girl. And not quietly: she's writing a column every week in the paper with her thoughts and fears and gripes. As her column raises all kinds of questions, so too, must she find her own private way in her world, with love popping up in an unexpected place, and satisfaction in her size losing ground to real frustration. Tapping into her own experience losing weight, her training as a psychotherapist, and the current fascination in the media for teens who are trying drastic weight-loss measures including surgery, Susan Vaught's searing and hilarious prose will grip readers of all sizes, leaving them eager to hear more. | -Self-Acceptance | 1 |
| Freedom From Eating Disorders: The Pathway to Victory | -Judy L. V. Liebengood | 1994 | Judy Liebengood struggled for years with destructive eating patterns, deceptive diets, and crushed hopes. Through God's grace, she found a way out of the vicious cycles that trapped her and learned to experience freedom by drawing on God's grace, | -Religion/ Spirituality -Treatment Approaches -Recovery | 1 |

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| | | | power, and love. Now, she shares wisdom gleaned from her experience and faith in Freedom from Eating Disorders. | | |
| Man Up to Eating Disorders | -Andrew Walen, LCSW | 2014 | In his book, Man Up to Eating Disorders, Andrew Walen, psychotherapist, has contributed to the resources for males with eating and body image issues by sharing an autobiographical account of his personal experience with these problems, combined with advice he now uses to help others. There are few books for males who suffer from body image problems and disordered eating and fewer by those who have been through it, recovered and have gone on to make it their life's work. Walen takes readers into many painful scenarios from his own life that are likely to sound familiar. He is honest and forthcoming about his journey guiding readers to glean the lessons he learned from his experience. Offering insight, hope, and practical advice for getting well, Walen's book is a welcome addition to the field. | -Anorexia -Binge Eating -Males -Recovery -Body Image | 1 |
| Compulsive Eating: The Struggle to Feed the Hunger Inside | -Christie L. Ward | 1998 | Discusses the social and psychological causes of compulsive eating and provides guidance for those struggling with this problem. | -Compulsive Eating | 1 |
| Anorexia Nervosa and Recovery: A Hunger for Meaning | -Karen Way | 1993 | Through the voices of twenty-one women, Karen Way presents the most objective, complete, and compassionate picture of what anorexia nervosa is about and, more importantly, of the complex individual variables and obstacles in the journey to recovery. From the premise that anorexia nervosa is an addiction--an obsession controlling all aspects of an individual's life--and that complete recovery is possible by finding meaning in life, this enlightening book contrasts sharply to other books written on the subject by clinicians and theorists which merely speculate on the nature and etiology of anorexia nervosa. Anorexia Nervosa and Recovery lets the reader hear the personal struggles of women who have | -Relationships -Clinicians/ Clients -Recovery -Anorexia -Bulimia | 1 |

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| | | | fought this powerful disease. They describe how anorexia controlled their lives and how, once they overcame their obsessions with food, weight, and thinness, they were able to lead fulfilling lives. | | |
| Cruise Control: Understanding Sex Addiction in Gay Men | -Robert Weiss | 2013 | Cruise Control is the premiere book on the growing problem of sex addiction in gay men. This second edition explores how technology has impacted the instant ability to "meet up" and the implications of being in recovery in a committed relationship. Accessible resource for achieving sex addiction recovery including a "30 day test" and a dating plan. | -LGBTQ -Addiction | 1 |
| The Adolescent Self: Strategies for Self-management, Self-soothing, and Self-esteem in Adolescents | -David B. Wexler | 1991 | Dr. David Wexler describes an innovative treatment program for troubled adolescents that addresses central problems of the "self." The problems of substance abuse, anxiety, aggression, self-destructive behavior, eating disorders, and mood swings can usually be traced to fundamental deficits, particularly in the ability to self-soothe. This book models a range of carefully designed strategies to address these central problems of the adolescent self. | -Abuse -Self-Confidence -Self-Acceptance | 1 |
| The Beauty Myth: How Images of Beauty are used Against Women | -Naomi Wolf | 1991 | In today's world, women have more power, legal recognition, and professional success than ever before. Alongside the evident progress of the women's movement, however, writer and journalist Naomi Wolf is troubled by a different kind of social control, which, she argues, may prove just as restrictive as the traditional image of homemaker and wife. It's the beauty myth, an obsession with physical perfection that traps the modern woman in an endless spiral of hope, self-consciousness, and self-hatred as she tries to fulfill society's impossible definition of "the flawless beauty." | -Body Image -Self-Confidence | 1 |
| The Owl was a Baker's Daughter: Obesity, Anorexia Nervosa, and the Repressed Feminine | -Marion Woodman | 1980 | Eye-opening insights into the body as mirror of the psyche in eating disorders and weight disturbances. Case studies and practical procedures emphasize the integration of the body and soul. | -Obesity -Anorexia -Self Psychology | 1 |

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| Integrated Treatment of Eating Disorders | -Kathryn Zerbe, MD | 2008 | <p>Kathryn Zerbe, after 25 years of in-the-trenches clinical work and award-winning instruction of psychotherapeutic principles, unravels the research behind eating disorders and presents hard and fast answers that practitioners can put to work with their clients. Zerbe's approach is an integrated one, and one that emphasizes an amalgamation of interventions tailored to the needs of the patient.</p> <p>Filled with clinical case examples from her own years in practice, sample dialogues, and easy-to-read tables and charts summarizing important clinical tips, Integrated Treatment of Eating Disorders is an invaluable resource for all mental health practitioners. It is the first book of its kind to tackle the complex issue of eating disorders in a way that is hands-on, practical, and applicable, offering clinicians real answers to essential questions so that they may more effectively and compassionately treat their clients.</p> | <ul style="list-style-type: none"> -Clinicians/ Clients -Treatment Approaches | 1 |
| The Body Betrayed | -Kathryn Zerbe, MD | 1993 | <p>This sensitive look at the complex causes and treatments of eating disorders, written by a leading authority interlaces clearly written clinical discussion with personal stories about individuals who have valiantly engaged in recovery. Topics include: body image, sexual abuse, feminism, athletes, medical complications, nutrition, obesity, chemical dependency, and more.</p> | <ul style="list-style-type: none"> -Treatment Approaches -Body Image -Abuse -Obesity | 2 |
| Girls: Moving Beyond Myth (DVD) | -Media Education Foundation | 2004 | <p>Susan Macmillian's compelling documentary explores the tensions between our most cherished myths of girlhood and the difficult life choices girls face in the real world. The film gives special attention to how girls have been forced to navigate changing expectations in the wake of the women's movement on the one hand, and a commercial culture that trades increasingly in the sexualization of young girls on the other. Along the way, it weaves the voices of a diverse</p> | <ul style="list-style-type: none"> -Young Adults -Female Development | 1 |

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| | | | group of girls with analysis from leading experts and researchers in the field. | | |
| Slim Hopes (DVD) | -Media Education Foundation | 1995 | Jean Kilbourne's award-winning video Slim Hopes argues that the stories advertising tells about food, femininity, and the female body contribute to disordered eating. From ads that glamorize emotional eating with catch-phrases like "you can never have too much," to ads that promote thinness and tell women to watch what they eat, Kilbourne takes the advertising industry to task for sending young women, in particular, a set of deeply contradictory and unhealthy messages about food. In the process, she offers productive new ways to think about anorexia, bulimia, and other life-threatening eating disorders. | -Young Adults -Anorexia -Body Image -Media | 1 |
| What a Girl Wants (DVD) | -Media Education Foundation | 2001 | During the spring of 2000, eleven girls aged 8 to 16 from a variety of socio-economic backgrounds and two classrooms of middle and high school students were interviewed about their views on media culture and its impact on their lives. Their insightful and provocative responses provide the central theme of the film, a half-hour examination of how the media presents girls. Juxtaposing footage culled from a typical week of TV broadcasting with original interviews, What a Girl Wants will provoke debate and, ideally, act as a catalyst for change in media content. | -Young Adults -Body Image -Media | 1 |
| Perfect Illusions: Eating Disorders & the Family (DVD) | -KCTS | 2002 | Anorexia and bulimia are a growing problem, affecting millions of people in the United States, most of them young women. This silent epidemic, which has gained widespread public attention only in recent years, can be lethal. Yet sufferers often don't look as gravely ill as they really are, hiding their illness behind a perfect illusion or normalcy. | -Family Dynamics -Anorexia -Bulimia | 1 |
| Do I Look Fat?: Gay Men, Body Image, and Eating Disorders (DVD) | -Travis Matthews | 2005 | Do I Look Fat? is a feature-length documentary with fat on the brain -fat that we feel, fat that we think and all sorts of fat problems that manifest from fat-phobic | -LGBTQ -Body Image | 1 |

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| | | | thinking inside the fat-wary gay community. As one person puts it, "fat is the little word with big meaning." | | |
| Tell Me What You See (CD) | -Music for the Soul | | Hope for those overcoming an eating disorder. | -Religion/ Spirituality -Recovery | 1 |