

Eating Disorder Resources

Help Your Teenager Beat an ED

- by James Lock, MD, Ph.D. & Daniel Le Grange, Ph.D.
- 295 pages (paperback) 2004
- The practical language and research-based approach of this book make it exceptionally useful for building a united family front, especially in conjunction with professional treatment. Presented with thought-provoking subheadings, the book demystifies the eating disordered mindset, outlines treatment options, clarifies parental roles, and provides effective troubleshooting tools.

Gaining: the truth about life after eating disorders

- by Aimee Liu
- A recovery book for insight into eating disorders and their causes.

Talking to Eating Disorders: Simple Ways to Support Someone with Anorexia, Bulimia, Binge Eating, or Body Image Issues

- by Ph.D., Jeanne Albronda Heaton and Claudia J. Strauss
<http://www.amazon.com/Talking-Eating-Disorders-Anorexia-BodyImage/dp/B000FDK7BO/ref=sr_1_3?ie=UTF8&s=books&qid=1204750736&sr=1-3>

Eating with Your Anorexic

- by Laura Collins

The Parents Guide to Childhood Eating Disorders

- by Marcia Herrin and Nancy Matsumoto.

Excellent CD

- ***Guided Imagery for Courage, Strength and Hope for Teens and Pre-teens***
see <<http://www.guidedimageryinc.com/newprod.html>>

Prevention Books

by Sandra Friedman - Salal Communications Ltd. - Tel + Fax: 604-885-5998

- ***Just for Boys***
- ***When Girls Feel Fat***
- ***Nurturing GirlPower: Initegrating Eating Disorder Prevention/Intervention Skills Into Your Practice***
- ***Body Thieves***

by Dianne Neumark-Sztaine

- ***I'm, Like, SO Fat!": Helping Your Teen Make Healthy Choices about Eating and Exercise in a Weight-Obsessed World*** (paperback)
Link: <<http://www.amazon.com/exec/obidos/search-handle-url/103-2292788-2509463?%5Fencoding=UTF8&search-type=ss&index=books&field-author=Dianne%20Neumark-Sztainer>>