

## RECOMMENDED READING LIST FOR EATING DISORDERS

Boskind-White, M. and White, W. C. Jr. Bulimarexia: The Binge/Purge Cycle.

Chernin, K. The Obsession: Reflections of the Tyranny of Slenderness.

Cohen, M.A. French Toast For Breakfast.

Foreyt, J.P. and Goodrick, G.K. Living Without Dieting.

Freedman, R. Body Love: Learning To Like Our Looks and Ourselves.

Hall, L. Full Lives: Women Who Have Freed Themselves From Food and Weight Obsession.

Hall, L. and Cohn, L. Bulimia: A Guide to Recovery.

Hall, L. and Cohn, L. Self-Esteem: Tools for Recovery.

Hirschmann, J.R. and Munter, C.H. Overcoming Overeating.

Hutchinson, M.G. Transforming Body Image.

Kano, S. Making Peace With Food: A Step-By-Step Guide to Freedom From the Diet/Weight Conflict.

Kaplan, J.R. A Woman's Conflict: The Special Relationship Between Women and Food.

Latimer, J.E. Living Binge-Free: A Personal Guide to Victory Over Compulsive Eating.

Miller, C.A. My Name is Caroline.

Newman, L. SomeBody to Love: A Guide to Loving the Body You Have.

Newman, L. Eating Our Hearts Out: Personal Accounts of Women's Relationship to Food.

Radcliffe, R.R. Enlightened Eating: Understanding and Changing Your Relationship with Food.

Rodin, J. Body Traps.

Roth, G. Breaking Free From Compulsive Eating.

Roth, G. Feeding The Hungry Heart: The Experience of Compulsive Eating.

Roth, G. When Food is Love: Exploring the Relationship Between Eating and Intimacy?

Roth, G. Why Weight? A Guide to Ending Compulsive Eating.

Rowland, C.J. The Monster Within: Overcoming Bulimia.

Sacker, I. And Zimmer, M. Dying to Be Thin: Understanding and Defeating Anorexia Nervosa and Bulimia.

Sandbek, T. The Deadly Diet: Recovering From Anorexia and Bulimia.

Sheppard, K. Food Addiction: The Body Knows.

Shute, G. Life Size.

Stein, P. and Unell, B. Anorexia Nervosa: Finding the Life Line.

ESPECIALLY FOR TEENS:

Kirberger, Kimberly. No Body's Perfect

Kolodny, Nancy. The Beginner's Guide to Eating Disorders Recovery

Biederman, Alyssa. **My Rory: A Personal Journey Through Teenage Anorexia**

ESPECIALLY FOR PARENTS AND LOVED ONES:

Goodman, L.J. Is Your Child Dying to Be Thin?

Hirschmann, C.S.W. and Zaphiropolous, L. Preventing Childhood Eating Problems.

Maine, M. Father Hunger: Fathers, Daughters and Food.

Siegel, M. Brisman, J. and Weinshel, M. Surviving an Eating Disorder: Perspectives and Strategies for Family and Friends.

Zerbe, K. The Body Betrayed: A Deeper Understanding of Women, Eating Disorders, and Treatment.