

Title	Author	Brief Synopsis	
Loving Someone With An Eating Disorder	Dana Harron	Very user friendly guide for loved ones	
Talking to Eating Disorders	Claudia Strauss	A helpful introduction to eating disorders, educating family and friends about anorexia and bulimia. An older book, written before the DSM change, it does not include ARFID or BED. It includes explaining Motivational Interviewing stages of change to help understand what each stage of change may look like re: pre contemplation, etc and a mention of how certain topics (e.g. "You look good!") can be minefields.	
Beyond your Eating Disorder	Johanna Kandel	Founder of the Alliance for Eating Disorders Awareness, a nationwide advocacy group for the treatment of eating disorders, Johanna offers a very hopeful and positive guide of tips that she learned in her own treatment to get beyond her all/nothing and perfectionistic thinking. She includes very accessible stories and lots of little tips and metaphors gleaned from others in treatment that can help in recovery.	
8 Keys to Recovery	Carolyn Costin	After recovering from anorexia herself, the author has gone on to study psychology and has developed a very effective residential facility in California. She's a wonderful speaker, very grounded and this book is about helping "springboard" clients into thinking about their own 8 keys to recovery. She does a great job talking about how eating disorders are "not about food" but also "all about food" Excellent resource for adults in recovery.	
Almost Anorexic	Jenni Schaefer and Jennifer Thomas	A great guide that includes checklists, homework assignments, etc to help someone who may not be as "full-blown" into a particular eating disorder	

		but who needs help getting out of dysfunctional relationship with food. Underlying patterns of unhealthy relationships with food are identified.	
Sick Enough	Jennifer Gaudiani, MD	Written by an expert psychiatrist and medical doctor who worked at ACUTE and now sees a range of ED clients in an outpatient setting, Dr Guadiani emphasizes the medical and biological complications of an eating disorder and reminds clients that at ANY and ALL levels of disordered eating, they deserve compassionate treatment and recovery.	
An Internal Family Systems Guide to Recovery From Eating Disorders	Amy Yandel Grabowski	Written by someone who has recovered from an ED and who shares examples of other clients who have recovered using IFS. A very helpful guide to Internal Family Systems work.	
The Rules of Normal Eating	Karen Koenig	A helpful guide for how to use CBT with regard to food and what a person's relationship with food can be. Emphasizes cognitive processes and the thoughts related to eating and body image.	
Mindless Eating	Brian Wansink	A fun summary of research done to determine external cues that influence our eating.	
Eating in the Light of the Moon	Anita Johnstone	A beautiful resource of poetry and essays that encourage the reflection of empowerment of the self when it relates to food	
I Thought It Was Just Me	Brene Brown	Brene's groundbreaking book on shame. Not specific to ED, it is a helpful guide on learning how emotions like shame may be highly relevant in the recovery of an ED	
The Gifts of Imperfection	Brene Brown	From Amazon: "With original research and plenty of encouragement, she explores the psychology of releasing our definitions of an "imperfect" life and embracing living authentically. In a world where insults, criticisms, and fears are spread too generously alongside messages of unrealistic beauty, attainment, and expectation, we look for ways to "dig	

		deep” and find truth and gratitude in our lives.”	
Daring Greatly	Brene Brown	As a guide for professional and personal development, the review in Amazon says, “Brown explains how vulnerability is both the core of difficult emotions like fear, grief, and disappointment, <i>and</i> the birthplace of love, belonging, joy, empathy, innovation, and creativity.” This can be a helpful guide in redefining vulnerability as a strength.	
Intuitive Eating	Evelyn Tribole and Elyse Resch	A foundational book in the ED recovery world about how to shift perspective while eating to diminish “diet mentality” and to encourage trusting your body and learning your own body cues for nourishment and health.	
Health At Every Size	Linda Bacon, PhD	Based on research, this is the groundbreaking work on how health <i>behaviors</i> are at the root of health, not a person’s weight. Gives data to explain variety of sizes and shapes in the human body.	
Fearing the Black Body: the Racial Origins of Fat Phobia	Sabrina Strings	A powerful description of history and how body image is connected to societal factors.	
Does this Pregnancy Make Me Look Fat?	Claire Mysko and Magali Amadei	Part essay, part recommendations, part memoir, written in a style of a kind friend offering solidarity and support to fully accept our bodies and care for them as they change during pregnancy	
Living with Your Body and Other Things You Hate	Emily Sandoz, PhD and Troy DuFrene	A skills-based book written in essay form about the way ACT therapy can be applied to negative body image: mindfulness, defusion, values driven behavior are all emphasized	
Mothers, Daughters, and Body Image	Hillary McBride	A meaningful collection of reflections and research into the transmission of body image issues from mother to daughter.	
The Wisdom of Your Body	Hillary McBride	This book focuses on the elements of being “embodied” and how trauma, pain, and spirituality are related to our ability to connect with our bodies. It	

		emphasizes how “the body is where life happens.”	
The Parallel Process	Krissy Pozatek	Not specific to ED, but a very useful guide for parents when their adolescent is in treatment at a residential facility. This is a guide for the parents to work on their own dynamics on how to relate to their family member to facilitate recovery when they return home.	
Run Like A Girl: How Strong Women Make Happy Lives	Mina Samuels	An empowered collection of essays educating on the benefits of exercise that is not compulsive.	
Healthy Habits Suck	Dayna Lee-Baggley	An ACT based book offering skills for values driven behavior, acknowledging the challenge of distress tolerance needed for positive change	
Crave: Why you Binge Eat and How to Stop	Cynthia Bulik, PhD	A practical guide for awareness of triggers and the complexity of epigenetics.	
What We Don’t Talk About When We Talk About Fat	Aubrey Gordon	A powerful book on how accepting larger bodies is an act of social justice.	
50 Ways to Soothe Yourself without Food	Susan Albers, PsyD	A meaningful compilation of self-soothing strategies to help people brainstorm their own lists for self-soothing.	
Your Body is Not an Apology	Sonya Renee Taylor	A powerful book on the intersection of social justice and personal body image. It highlights social systems that perpetuate power dynamics.	
Your Body is Not an Apology Workbook	Sonya Renee Taylor	A meaningful workbook to help guide how to increase radical self love for one’s body and place in the world.	
Feeling Good About the Way you Look	Sabine Wilhelm	A CBT based book about challenging thoughts and behaviors when focus on appearance has become overly time consuming.	
The Appetite Awareness Workbook	Linda Craighead	A helpful workbook exploring how to increase awareness of hunger cues	
Eating the Moment: 141 mindful practices to overcome overeating one meal at time	Pavel Somov, PhD	A small book with a powerful punch to get to the heart of mindful eating, noticing external and internal cues. Includes challenges to practice shifting how to relate to food, including the	

		challenge to play with food without eating it.	
No Period, Now What?	Nicola Rinaldi, PhD	An in-depth resource for Hypothalamic Amenorrhea describing the physiological need for increased calories to restore the menstrual cycle	
Making Peace with Your Plate	Robyn Cruze and Espra Andrus	A combination memoir of recovery and specific tools and principals that have proven effective in recovery. Written by Robyn who recovered, and her therapist Espra.	
Women, Food, and God	Geneen Roth	Written for general spirituality rather than specific faith traditions, Geneen explores the concept of how “the way you eat is inseparable from your core beliefs about being alive.”	
Wreck This Journal	Keri Smith	Not specific to ED but a helpful workbook to challenge perfectionism and to encourage open creativity, giving specific instructions to be messy with the journal.	
The Body of Truth	Harriett Brown	A fascinating investigation of the diet industry through a strong feminist lens	
Body Myth	Margo Maine	A well written book about the toll eating disorders and negative body image have on women, their identity and self-esteem	

Memoirs:

Life Without Ed	Jenni Schaefer	A staple in the eating disorder world as it is a memoir of Jenni getting help in recovery. This book is helpful in externalizing the eating disorder: calling it "Ed" and comparing it to an abusive boyfriend. This is a helpful start for preparing for the next phase of needing help in how to have a better relationship with their own inner critic, their "ed" voice without trying to just "break up" or avoid it.	
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Life Beyond Ed	Jenni Shaefer	Further along in recovery, Jenni Shaefer offers this next installment of her memoir focusing on the underlying anxiety and perfectionism that triggered the development of her ED.	
Mirror Mirror Off the Wall: How I learned to love my body by not looking at it for a year.	Kjerstin Gruys	A powerful memoir of a woman who recovered from an eating disorder and who found herself triggered when planning her wedding. She chose to not look in a mirror for 1 year during the wedding planning process in order to connect with her body in a more effective way and to be fully embodied and live her values. Read it to see if she chose to see herself in a mirror on her wedding day!	
Bittersweet	Shauna Niequist	A personal memoir of recovery incorporating Christian faith about the beauty found in change and surrender into loving brokenness.	
Hungry, A Mother and Daughter Fight Anorexia	Sheila Himmel	Amazon summary: <i>Hungry</i> is the first memoir to connect eating disorders with a food-obsessed culture in a very personal way, following the stumbles, the heartbreaks, and even the funny moments as a mother-daughter relationship-and an entire family-struggles toward healing.	
Surrendering Hunger	Jan Johnson	A Christian daily devotional regarding how to trust God, accept love, and acknowledge our needs.	
Brave Girl Eating	Harriett Brown	A memoir by the mother of a pre-teen with anorexia and her experience with a Maudsley-method-like approach to recovery	

Treatment Manuals:

Treatment Manual for Anorexia Nervosa, Second Edition: A	Lock and LeGrange	The treatment protocol for Family Based Therapy for anorexia in a family setting. Emphasis is on 2 phases of recovery: weight restoration, then psychological	
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Family-Based Approach		therapy for the appropriate developmental milestone of adolescents individuating from parents. Evidence based for working with adolescents in particular.	
Treating Bulimia in Adolescents: A Family-Based Approach ,	LeGrange and Lock	Family Based Treatment for Bulimia. Includes modifications of FBT for this population.	
Cognitive Behavior Therapy and Eating Disorders	Christopher Fairburn	Standard CBT treatment protocol	
Cognitive Behavioral Therapy for Eating Disorders: A Comprehensive Treatment Guide	Glenn Waller et al	CBT treatment protocol	
Overcoming Binge Eating	Christopher Fairburn	An evidence-based book on CBT skills for the treatment of Binge Eating Disorder.	
EMDR Solutions II	Robin Shapiro	A primer on EMDR for the treatment of trauma and emotion regulation	
Emotion Focused Family Therapy	Adele LaFrance, Katherine Henderson, Shari Mayman	An excellent book on the focus of emotion in family dynamics to address recovery in the home. Written to support parents of children of any age and of any stage of change. Highly practical and effective. Emphasizes skills for interpersonal validation, how to disengage from power struggles, and to acknowledge the underlying fears and blocks in parents that may prevent them from being their best selves.	
The Renfrew Unified Treatment for Eating Disorders and Comorbidity	Heather Thompson-Brenner et al	This is a transdiagnostic treatment protocol to focus on the underlying emotional regulation issues that accompany behaviors around food and body. This focuses on increasing emotional intelligence and coping strategies.	

Movies and Documentaries:

America the Beautiful		Describes the beauty industry and follows an adolescent model in the modeling world. Includes how the lack of oversight on cosmetics is harmful to health
America the Beautiful 2		
America the Beautiful 3		
Miss Representation		
Poodle Science	https://www.youtube.com/watch?v=H89QQfXtc-k	Uses an analogy of how recommendations for a poodle may not align with recommendations for a mastiff

On-line resources and Articles:

NEDA (National Eating Disorders Association): <https://www.nationaleatingdisorders.org/learn>

NEDA **Support group:** <https://www.allianceforeatingdisorders.com/eating-disorder-support-groups-and-programs/>

Alliance for Eating Disorders Awareness (non-profit): <https://www.allianceforeatingdisorders.com/>

National eating disorders website - <https://www.nationaleatingdisorders.org/>

Online eating disorder **assessments**
<https://www.nationaleatingdisorders.org/screening-tool>

Truths about eating disorders - <https://www.aedweb.org/publications/nine-truths>

More truths about eating disorders - <https://www.aedweb.org/publications/nine-truths-weight>

Toolkit for parents - <https://www.nationaleatingdisorders.org/toolkits>

Gurze catalog for books on Eating Disorders: <https://www.edcatalogue.com/books/>

<https://thederreview.com/beauty-is-skin-deep-eating-disorders-guide/>

Podcasts:

Eating Disorder Recovery Podcast: <https://coloradotherapyassessment.com/podcast/>

Food Psych: https://breakbingeeating.com/eating-disorder-podcasts/#4_Food_Psych

The SeasonED RD

Instagram samples:

Therealbodiescoach

Thenutritiontea

Diets_dont_work_haes

Feedinglittles

Foodbody peace

Therealbodiescoach

Bodyimage_therapist

Apps

Recovery Record: a food log app that allows communication between clients and clinicians/dietitians about food choices and tracking mood/situations that influence eating habits. Is free for clients, requires payment from clinicians if used with more than 3 or 4 clients.

Eat Right Now: \$25/month or \$130 per year for an app to help specifically with mindful eating and is designed to help reduce bingeing behaviors.

These books, articles, podcasts are a sample of the resources available to learn about Eating Disorder recovery. EDTFI does not receive or give any monetary compensation for these resources. These are not substitutes for therapy and any use of these resources are meant to be used with your own discretion and as an adjunct to appropriate clinical care with trained providers.