

## ***INTERNET SITES***

### ***A Pro-Recovery Website:***

Something Fishy  
[www.somethingfishy.org](http://www.somethingfishy.org)

### ***Activism:***

The Anna Westin Foundation  
[www.annawestinfoundation.org](http://www.annawestinfoundation.org)

The Eating Disorders Coalition  
[www.eatingdisorderscoalition.org](http://www.eatingdisorderscoalition.org)

Voices - Not Bodies  
[www.voicesnotbodies.org](http://www.voicesnotbodies.org)

### ***Advocacy & Education:***

Council on Size and Weight Discrimination  
[www.cswd.org](http://www.cswd.org)

National Association for the Advancement of Fat Acceptance  
[www.naafa.org](http://www.naafa.org)

### ***Eating Disorders Publications:***

Gurze Books  
[www.bulimia.com](http://www.bulimia.com)

### ***Education:***

Anorexia Nervosa and Related Eating Disorders (ANRED)  
[www.anred.com](http://www.anred.com)

Healthy Weight Network  
[www.healthyweight.net](http://www.healthyweight.net)

### ***Genetics Research:***

[www.nimh.nih.gov](http://www.nimh.nih.gov)  
[www.wpic.pitt.edu/research/angenetics](http://www.wpic.pitt.edu/research/angenetics)

### ***Promoting Positive Body-Image and Self Esteem:***

[www.bodypositive.com](http://www.bodypositive.com)  
[www.KellyBliss.com](http://www.KellyBliss.com)  
[www.largelypositive.com](http://www.largelypositive.com)

*Referrals, Education and Activism:  
Anorexia Nervosa and Associated Disorders (ANAD)*  
[www.anad.org](http://www.anad.org)

*ED Referral: A National Treatment Referral Source*  
[www.edreferral.com](http://www.edreferral.com)

*National Eating Disorders Association (NEDA)*  
[www.nationaleatingdisorders.org](http://www.nationaleatingdisorders.org)

### **SUGGESTED READING**

#### **Anorexia and Bulimia**

*Anorexia Nervosa: A Guide to Recovery* by Lindsey Hall & Monika Ostroff

*Bulimia: A Guide to Recovery* by Lindsey Hall & Leigh Cohn

*Eating Disorders: The Journey to Recovery Workbook* by Laura Goodman & Mona Villapiano

*Eating in the Light of the Moon: How women can transform their relationships with food through myths, metaphors and storytelling* by Anita Johnston

*Life Without Ed: How One Woman Declared Independence from Her Eating Disorder and How You Can Too* by Jenni Schaefer with Thom Rutledge

*The Anorexia Workbook: How to Accept Yourself, Heal Your Suffering and Reclaim Your Life* by Michelle Heffner & Georg Eiffert

*The Overcoming Bulimia Workbook* by Randi McCabe, Traci McFarlane & Marion Olmsted

#### **Body Dysmorphic Disorder**

*The BDD Workbook: Overcome Body Dysmorphic Disorder and End Body Image Obsessions* by James Claiborn & Cherry Pedrick

*The Broken Mirror: Understanding and Treating Body Dysmorphic Disorder* by Katherine Phillips

## **Body Image**

*Body Traps* by Judith Rodin

*Body Image Workbook: An 8 Step Program for Learning to Like Your Looks* by Thomas Cash

*Bodylove: Learning to Like Our Looks and Ourselves* by Rita Freedman

*Love the Body You Were Born With: A Ten-Step Workbook for Women* by Monica Dixon

## **Compulsive Eating**

*Breaking Free From Emotional Eating* by Geneen Roth

*Intuitive Eating: A Recovery Book for the Chronic Dieter* by Evelyn Tribole & Elyse Resch

*Overcoming Overeating* by Jane Hirschmann & Carol Muntner

*The Appetite Awareness Workbook: How to Listen to Your Body and Overcome Bingeing, Overeating and Obsession with Food* by Linda Craighead

*The Don't Diet, Live-It! Workbook: Healing Food, Weight and Body Issues* by Andrea Wachter & Marsea Marcus

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

## **Family Matters**

*Boundaries: Where You End and I Begin* by Anne Katherine

*Growing a Girl: Seven Strategies for Raising a Strong, Spirited Daughter* by Barbara Mackoff

*Help for Eating Disorders: A Parent's Guide to Symptoms, Causes and Treatments* by Debra Katzman & Leora Pinhas

*Helping Your Child Overcome an Eating Disorder: What You Can Do at Home* by Bethany Teachman, Marlene Schwartz, Bonnie Gordic & Brenda

Coyle

*I'm, Like, So Fat: Helping Your Teen Make Healthy Choices about Eating and Exercising in a Weight Obsessed World* by Dianne Neumark-Sztainer

*Preventing Childhood Eating Problems: A Practical and Positive Approach to Raising Children Free of Food & Weight Conflicts* by Jane Hirschmann & Lela Zaphiropoulos

*Surviving an Eating Disorder: Strategies for Family and Friends* by Michelle Siegel, Judith Brisman & Margot Weinschel

*Talking to Eating Disorders: Simple Ways to Support Someone with Anorexia, Bulimia, Binge Eating or Body Image Issues* by Jeanne Albronda Heaton & Claudia Strauss

### **Health at Every Size**

*Big Fat Lies: The Truth about Your Weight and Your Health* by Glenn Gaesser

*Don't Weight, Eat Healthy and Get Moving NOW!* by Kelly Bliss

*Great Shape: The First Fitness Guide for Large Women* by Pat Lyons & Debby Burgard

*The Obesity Myth: Why America's Obsession with Weight is Hazardous to Your Health* by Paul Campos

### **Males and Eating Disorders**

*Making Weight: Healing Men's Conflicts with Food, Weight, Shape and Appearance* by Arnold Anderson, Leigh Cohn & Thomas Holbrook

*The Adonis Complex: The Secret Crisis of Male Body Obsession* by Harrison Pope, Katherine Phillips & Roberto Olivardia

### **Self Esteem & Size Acceptance**

*Am I Fat? Helping Young Children Accept Differences in Body Size* by Joanne Ikeda & Priscilla Naworski

*Live Large: Affirmations for Living the Life You Want In The Body You*

*Already Have* by Cheri Erdman

*Real Kids Come In All Sizes* by Kathy Kater

*Self Esteem Comes In All Sizes: How to be Happy and Healthy at Your Natural Weight* by Carol Johnson

*The Body Myth: Adult Women and the Pressure to be Perfect* by Margo Maine & Joe Kelly

### **Stress Management**

*Conscious Breathing: Breathwork for Health, Stress Release and Personal Mastery* by Gay Hendricks

*Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain and Illness* by Jon Kabat-Zin

*Relaxation and Stress Reduction Workbook* by Martha Davis, et al.