Eating Disorders: Resource List

Books for Young Adults

- *Beginner's Guide to Eating Disorders Recovery*; by Nancy Kolodny; Gurze Books, 2004
- *Body Blues: Weight and Depression*; by Laura Weeldreyer; Rosen Publishing Group, 1998
- *Eating Disorder Survivors Tell Their Stories*; by Christina Chiu; Rosen, 1998
- *Exercise Addiction: When Fitness Becomes an Obsession*; by Laura Kaminker; Rosen Publishing Group, 1998
- *My Life as a Male Anorexic*; by Michael Krasnow; Haworth Press, 1996
- *Over It! A Teen's Guide to Getting Beyond Obsessions with Food and Weight*; by Carol Normandi and Laurelee Roark; New World Library, 2001
- *Wanting To Be Her: Body Image Secrets Victoria Won't Tell You*; by Michelle Graham; Intervarsity press, 2005

Books for Adults

- *Anatomy of Anorexia*; by Steven Levenkron; W.W. Norton, 2000
- *Anorexia and Bulimia*; by Paul R. Robbins; Enslow Publishers, Inc., 1998
- *Dying to Be Thin*; by Ira Sacker; Warner Books, 1995
- *Help Your Teenager Beat an Eating Disorder*; by James Lock and Daniel Le Grange; New York, Guilford Press, 2005
- *If Your Adolescent Has an Eating Disorder: An Essential Resource for Parents*; by B. Timothy Walsh; Oxford University Press, 2005
- *I'm, Like, SO Fat! Helping Your Teen make Healthy Choices About Eating and Exercise in a Weight-Obsessed World*; by Dianne Neumark-Sztainer; New York, Guilford Press, 2005
- *Just a Little Too Thin: How to Pull Your Child Back From the Brink of an Eating Disorder*; by Michael Strober and Meg Schneider; Da Capo Press, 2005
- *Parent's Guide to Eating Disorders*; by Marcia Herrin; Publishers Group West, 2006
- *Talking to Eating Disorders: Simple Ways to Support Someone with Anorexia, Bulimia, Binge Eating or Body Image Issues*; by Jeanne Heaton and Claudia Strauss; NAL Trade, 2005
- *The Eating Disorder Sourcebook*; Carolyn Costin; Lowell House, 1996
- *Your Dieting Daughter: Is She Dying for Attention?*; by Carolyn Costin; Brunner/Mazel, 1997

**Other Resources**

American Anorexia Bulimia Association  
165 West 46th Street  
Suite 1108  
New York, NY 10036  
212-575-6200  

Help-lines, referral networks, public information, school outreach, media support, professional training, support groups and prevention programs.

Eating Disorders Awareness and Prevention, Inc.  
Phone: 1-800-931-2237
Eating Disorder Referral and Information Center
http://www.edreferral.com
Provides information and resource on prevention and treatment, with listings of treatment centers, practitioners, online and telephone resources (both fee-based and free), and a monthly email newsletter.

National Institute of Mental Health (NIMH)
Office of Communications and Public Liaison
(301) 443-4513
E-mail: nimhinfo@nih.gov
http://www.nimh.nih.gov

National Association of Anorexia Nervosa and Associated Disorders
Phone: (847) 831-3438
http://www.anad.org

Something Fishy: Website on Eating Disorders
http://www.something-fishy.org
Support group site; includes a chat room and listing of online support groups. Features a monthly schedule of chat events, an interactive bulletin board, and a treatment finder that can be browsed by state and country.

Weight-control Information Network
6101 Executive Blvd., Suite 300
Rockville, MD 20852
877-946-4627
301-984-7378
National information service of the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), National Institutes of Health (NIH). which provides science-based information on obesity, weight control, and nutrition.

*NOTE: This information is provided as a public educational service. The information does not replace any of the instructions your physician gives you. If you have a medical emergency please call 911 or call the Hospital at (208) 529-6111. If you have questions about your child's care, please call Idaho Falls Pediatrics at (208) 522-4600.