



Recommended Reading List*

For Parents and Loved Ones

- Lock, J., & Le Grange, D. (2005). *Helping Your Teenager Beat an Eating Disorder.*

This book is addressed to parents. It is necessary that parents be involved in their child's recovery process and this book explains how. The book explains the eating disorders, outlines treatment options, clarifies parental roles, and provides effective troubleshooting tools.

- Herrin, M., & Matsumoto, N. (2007). *The Parent's Guide to Eating Disorders: Supporting Self-esteem, Healthy Eating, and Positive Body Image at Home.*

This book is written by a nutritionist who addresses childhood and teenage eating disorders – with an emphasis on home based recovery. The book emphasizes the necessity of early detection and intervention. It also addresses issues like family communication, medical consequences, relapse prevention, and food plans, and talks about boys who may be at risk.

- Teachman, B., Schwartz, M., Gordic, B., & Coyle, B. (2003). *Helping Your Child Overcome an Eating Disorder: What You Can Do at Home.*

Written by Yale Eating Disorder Center experts about practical and scientifically supported strategies that parents can use for helping their child. It discusses effective communication, various treatment options, making a recovery plan, and others.

- Maine, M. (2004). *Father Hunger: Fathers, Daughters, and the Pursuit of Thinness.*

This book explains emptiness that leads to an eating disorder and a body image problems, experienced by women with physically or emotionally absent fathers. There is advice about improving father-daughter relationships, treatment and media influences.

- Smeltzer, Doris and Andrea. (2006). *Andrea's voice: Silenced by Bulimia. Her Story and Her Mother's Journey Through Grief Toward Understanding.*

Andrea died at the age of 19 after struggling with bulimia for a year. This book tells a story of Andrea and her mother and their journey of self-discovery and realizations about who they were. Dori tells of her emotional sufferings during the whole process.

- Strober, M., & Schneider, M. (2005). *Just a Little Too Thin: How to Pull Your Child Back from the Brink of an Eating Disorder.*

This book explains the necessity of looking at the media and family influences and eventually at the dieting behavior, which evolves from innocent to obsessive. This book also offers brief and accessible relevant research.

- Costin, C. (1997). *Your Dieting Daughter: Is She Dying for Attention?*

This book addresses distinctions between “fit or fanatic” exercise; innocent diets or obsessive disorders, gives nutritional guidance, and gives an insight into the real lives of those who struggle with eating disorders and their families.

- Hirschmann, J., & Zaphiropoulos, L. (1993). *Preventing Childhood Eating Problems: A Practical, Positive Approach to Raising Children Free of Food and Weight Conflicts.*

This book offers advice on how to eat healthy and what kind of rules to set around eating. It also addresses issues like when, how much, and what should children be eating; peer pressure; body-image problems; eating disorders and others.

- Neumark-Sztainer, D. (2005). *“I’m, Like, So Fat”: Helping Your Teen Make Healthy Choices about Eating and Exercise in a Weight-Obsessed World.*

This book offers some practical advice on how to instill healthy eating and exercising habits through teen education about nutrition, body-image, portion size, exercise and others. It also teaches parents how to give sound advice without bolstering self-esteem.

- Miller, L. (2006). *Girls Rock! Just the Way We Are: Wise Teens Offer Teens and Moms Advice on Healthy Body Image, Self-esteem, and Personal Empowerment.*

Teens, who have gone through their own challenges, tell their stories that moms can read with their daughters about girls who have come to be fully content with their shape and size.

- Friedman, S. (2000). *When Girls Feel Fat: Helping Girls Through Adolescence.*

This book tells of various strategies for parents or other mentors on how to help young girls with their body image issues. It examines why girls come across different issues and how to recognize their worries and when they turn into serious problems.

Anorexia and Bulimia

- Hall, L., & Cohn, L. (1999). *Bulimia: A Guide to Recovery*.

This guidebook offers an understanding of bulimia and a plan for recovery. It offers a three-week program on how to stop bingeing. This edition also includes materials on men and bulimia.

- McCabe, R. McFarlane, T., & Olmstead, M. (2003). *The Overcoming Bulimia Workbook*.

This book is based on Cognitive Behavioral Therapy and discusses some tools that can help break the cycle of bingeing and purging. It covers everything from the symptoms and causes to recovery and relapse prevention.

- Reindl, S. (2001). *Sensing the Self: Women's Recovery from Bulimia*.

Filled with findings from clinical studies and personal stories of women who went through the journey of learning to trust their "self" experience.

- Hall, L., & Ostroff, M. (1998). *Anorexia Nervosa" A guide to Recovery*.

This book helps to understand and overcome anorexia nervosa. The author shares her own story of abuse, self-starvation and recovery. There are some step-by-step things to do that have worked for others. It offers advice on healthy eating and weights; it offers a section addressed for parents and loved ones.

- Heffner, M., & Eiffert, G. (2004). *The Anorexia Workbook*.

Based on a new therapeutic model "acceptance and commitment therapy" this book offers some guidance in how to accept our thoughts and feelings instead of trying to change them. It helps individuals come to live a healthy, fulfilling and honest life.

- Levenkron, S. (2000). *Anatomy of Anorexia*.

The author discusses some medical, physical, cultural, familial and other aspects of illness and emphasizes the importance of tailoring treatment to the complex and highly individualized needs of each person with anorexia.

- Cruse, Sheryle. (2006). *Thin Enough: My Spiritual Journey Through the Living Death of an Eating Disorder. New Hope*.

The author tells her personal story of struggling with and defeating her eating disorder. She shares about her overweight childhood, her family-directed diets, the thrilling sense of control she got when she lost weight, and her spiral into anorexia and bulimia. When

she left home to go to college, she looked forward to being on her own but fell into even more destructive eating behaviors. After she was confronted by her loved ones and hospitalized, she began the recovery process that led to the day when she could at last eat a normal meal and feel that it was okay. She highlights her relationship with God and the security that eating disorder sufferers can find in God as their loving Father, the one who created them and loves them as they are.

- Golden, Jocelyn. (2005). *Learning to Be Me: My Twenty-Three-Year Battle with Bulimia*. Universe Star.

Many women in the United States who suffer from eating disorders die from the diseases annually. *Learning To Be Me: My Twenty-Three-Year Battle with Bulimia* is one woman's courageous battle to not become a statistic.

From violent self-abuse to feelings of despair as her cries for help went unanswered, author Jocelyn Golden's *Learning To Be Me* chronicles her battle and ultimate victory over one of the most silent, misunderstood, and deadly eating disorders in America. With candor and wit, Golden recounts the miserable realities of living with bulimia for more than two decades and paints a vivid self-portrait of a woman obsessed with being thin. An inspirational memoir about the search for strength, motivation, and support, *Learning To Be Me* illustrates the importance of self-love on the journey to healing.

Jocelyn Golden has struggled with bulimia for more than twenty-three years. Now effectively controlling the disorder, Golden uses her experiences to educate and support other victims.

- Hornbacher, Marya. (2006). *Wasted: A Memoir of Anorexia and Bulimia (P.S)*.

This is an excellent and disturbing account of one woman's lifelong struggle with a combination eating disorder. Most ED patients exhibit symptoms of only one type of disorder, so this is a fascinating look from the inside out of someone who struggles with both. It is very triggering, but also very uplifting.

- Menzie, Morgan. (2003). *Diary of an Anorexic Girl*.

Morgan Menzie takes readers through a harrowing but ultimately hopeful and inspiring account of her eating disorder. Her amazing story is told through the journals she kept during her daily struggle with this addiction and disease. Her triumphs and tragedies all unfold together in this beautiful story of God's grace.

Features include: daily eating schedule, journal entries, prayers to God, poems, and what she wished she knew at the time. It's the true story of victory over a disease that is killing America's youth.

- Paterson, Anna. (2000). *Anorexic. Westworld International*.

This is an autobiographical account of Anna Paterson's 14-year struggle with anorexia, beginning with her experiences of childhood abuse and ending with her recovery.

Parts of this book do get a bit "harrowing", not so much from the physical dangers Anna's ED brings about, but rather from the standpoint of the twisted and clearly sadistic emotional abuse Anna (and her family) is subjected to by her Grandmother. Abuse purposely designed to eradicate any authentic sense-of-self that Anna might try to develop....and arguably even more creepy and emotionally corrosive than if she had been physically beaten.

The story concerns Anna's and the rest of the family's attempts to confront and escape the influence of this evil woman, and to come to terms with the mental damage she has caused not only Anna, but every one of them.

Anna herself is a wonderful individual, and has gone on to individually help and encourage many others who fight their own EDs.

- Pettit, Christine. (2006). *Empty: A Story of Anorexia*.

More than five million adolescent girls struggle with eating dis-orders, and more than 80 percent of American women are unhappy with their bodies. Christie Pettit knows these statistics firsthand. As a college student with a tennis scholarship, she found herself eating less and less, compulsively exercising, and spiraling downward in a dangerous battle against anorexia. She was starving--but she didn't know it. Now with a two-color interior, *Empty* recounts Christie's gripping story, incorporating new statistics, reflections from her journal, and biblical insight. Her candid retelling of her experience shows the spiritual dimension of eating disorders and describes how Christie turned to the Bible as a source of strength and encouragement to help her overcome anorexia. Pastors, parents, counselors, and those battling anorexia--especially teen girls--will find hope and wise counsel in Christie's compelling story.

- Sacker, Ira. (1987). *Dying to be Thin: Understanding and Defeating Anorexia Nervosa and Bulimia – a Practical Lifesaving Guide*.

Dr. Sacker and Dr. Zimmer explain in full detail the causes and symptoms of these disorders and how and where to find help. Using case histories and first-person accounts by patients, their families, their physicians and friends, *Dying To Be Thin* is the complete resource for anyone concerned with these dangerous disorders.

I read this book as my daughter was hospitalized for anorexia. The fear and guilt were HUGE as I began reading (they still are) but Zimmer's and Sacker's work as an M.D. specializing in Eating Disorders has provided much-needed insight into sufferers' motivations and pain. My daughter, age 14, marked all the pages that "spoke" to her...she marked MANY pages. Authors Zimmer and Sacker attempt, and for the most part succeed, in explaining all variations of EDs. Especially poignant were the comments from a mother, and her powerlessness to stop her daughter from destroying herself through starvation. I bought several copies to distribute to family members so that they can support my daughter in recovery. Very useful is a section for educators on how they can assist a student who has an ED.

Compulsive Eating

- **Nash, J. (1999).** *Binge No More: Your Guide to Overcoming Disordered Eating.*

This book offers advice on how to personalize a recovery plan to each individual suffering with a compulsive eating. It offers some advice on how to rid of some problematic thought that lead to disordered eating.

- **Roth, G. (2003).** *Breaking Free from Emotional Eating.*

This book helps individuals realize that there is hope in ending the disordered eating. The author helps recognize physical hunger signals and know when to stop eating. She focuses a lot on trying to listen to your body and follow it's instinctual signals.

- **Fairburn, Christopher. (1995).** *Overcoming Binge Eating. The Guilford Press.*

This book does offer some helpful suggestions, such as establishing a regular eating schedule, keeping track of what you eat and finding alternatives to bingeing. But I found its explanations unsatisfying on the answers to pertinent questions such as, "What causes bingeing?" The author talks about factors like gender and social class and the prevalence of dieting.

This 'reader-friendly' book provides a lucid and comprehensive account of the nature and treatment of binge eating by one of the world's leading clinical researchers. Based on the most recent scientific evidence, and reflecting Fairburn's many years of unsurpassed clinical experience, this text is unrivaled as the best source for educating both the public and patients about binge eating. But it does more than educate and enlighten. It includes a detailed self-help program for overcoming binge eating in bulimia nervosa and obesity. The state-of-the-art techniques in this program have proved effective in numerous scientific studies. The program can be used on its own or in combination with therapy

- **Danowski, Debbie. (2000).** *Why Can't I Stop Eating? Recognizing, Understanding, and Overcoming Food Addiction. Hazelden.*

As more and more Americans discover that crash diets and diet pills don't work, they are turning to self-help books that stress taking responsibility for one's weight and eating more healthily. *Why Can't I Stop Eating?* focuses on understanding how addictive substances, such as carbohydrates, sugar, and caffeine, react in the body. Danowski and Lazaro, a recovering food addict and a medical director of three addictions hospitals, respectively, believe that carbohydrate addiction is the main reason why 50 percent of Americans are overweight. The authors cite research illustrating physiological reasons for

food cravings (especially carbohydrates) and downplaying the effectiveness of weight-loss drugs like Fen/Phen. They also provide exercises that clarify which foods trigger overeating and diets that emphasize low carbohydrate intake. Jeffrey and Noreen Wilbert, a food therapist and a registered nurse, respectively, suggest that "fattitudes" self-defeating behavior that causes overeating. Dare the main obstacles to maintaining ideal weight and present helpful exercises to identify them. This book's philosophy is that even people genetically prone to obesity have emotional (perhaps unconscious) reasons to be overweight.

- Roth, Geneen. (1993). *Feeding the Hungry Heart: The Experience of Emotional Eating*.

This is how Geneen Roth remembers her time as an emotional overeater and self-starver. After years of struggle, Roth finally broke free from the destructive cycle of bingeing and purging. In the two decades since her triumph, she has gone on to help tens of thousands of others do the same through her lectures, workshops, and retreats. Those she has met during this time have shared stories that are both heartrending and inspiring, which Roth has gathered for this unique book.

General Eating Disorders Reading List

- Berg. (2000). *Women Afraid to Eat: Breaking Free in Today's Weight-Obsessed World*.

Frances Berg presents two important guides to weight and eating in these excellent surveys. *Children And Teens Afraid To Eat* examines six major eating and weight problems, from malnutrition of teens to eating disorders and obesity, blending statistics with a survey of underlying social causes and the actions, which need to be taken to help teens. *Women Afraid To Eat* documents the physical and psychological harm done by social images, which focus on the detriments of eating. From fad diets to weight prejudices, this tells women how to break free of weight obsession.

- Bordo, Susan. (1995). *Unbearable Weight: Feminism, Western Culture, and the Body*.

Unbearable Weight is a scholarly yet accessible look at the historical and current representation of women in history and in popular culture. It is an excellent look at society's objectification of the female body and the problems that can arise for women because of this objectification.

Bordo explores women's obsessions with appearance, their struggles to control food and hunger, and the pressures brought on by a society that worships the ideal female figure.

- Cruse, Sheryle. (2006). *Thin Enough: My Spiritual Journey Through the Living Death of an Eating Disorder*. New Hope.

The author tells her personal story of struggling with and defeating her eating disorder. She shares about her overweight childhood, her family-directed diets, the thrilling sense of control she got when she lost weight, and her spiral into anorexia and bulimia. When she left home to go to college, she looked forward to being on her own but fell into even more destructive eating behaviors. After she was confronted by her loved ones and hospitalized, she began the recovery process that led to the day when she could at last eat a normal meal and feel that it was okay. She highlights her relationship with God and the security that eating disorder sufferers can find in God as their loving Father, the one who created them and loves them as they are.

- Danowski, Debbie. (2000). *Why Can't I Stop Eating? Recognizing, Understanding, and Overcoming Food Addiction*. Hazelden.

As more and more Americans discover that crash diets and diet pills don't work, they are turning to self-help books that stress taking responsibility for one's weight and eating more healthily. *Why Can't I Stop Eating?* focuses on understanding how addictive substances, such as carbohydrates, sugar, and caffeine, react in the body. Danowski and Lazaro, a recovering food addict and a medical director of three addictions hospitals, respectively, believe that carbohydrate addiction is the main reason why 50 percent of Americans are overweight. The authors cite research illustrating physiological reasons for food cravings (especially carbohydrates) and downplaying the effectiveness of weight-loss drugs like Fen/Phen. They also provide exercises that clarify which foods trigger overeating and diets that emphasize low carbohydrate intake. Jeffrey and Norean Wilbert, a food therapist and a registered nurse, respectively, suggest that "fattitudes" self-defeating behavior that causes overeating. Dare the main obstacles to maintaining ideal weight and present helpful exercises to identify them. This book's philosophy is that even people genetically prone to obesity have emotional (perhaps unconscious) reasons to be overweight.

- Fairburn, Christopher. (1995). *Overcoming Binge Eating*. The Guilford Press.

This book does offer some helpful suggestions, such as establishing a regular eating schedule, keeping track of what you eat and finding alternatives to bingeing. But I found its explanations unsatisfying on the answers to pertinent questions such as, "What causes bingeing?" The author talks about factors like gender and social class and the prevalence of dieting.

This 'reader-friendly' book provides a lucid and comprehensive account of the nature and treatment of binge eating by one of the world's leading clinical researchers. Based on the most recent scientific evidence, and reflecting Fairburn's many years of unsurpassed clinical experience, this text is unrivaled as the best source for educating both the public and patients about binge eating. But it does more than educate and enlighten. It includes a detailed self-help program for overcoming binge eating in bulimia nervosa and obesity.

The state-of-the-art techniques in this program have proved effective in numerous scientific studies. The program can be used on its own or in combination with therapy

- Gaesser. (2002). *Big Fat Lies: The Truth About Your Weight and Your Health*.

Thinner is not necessarily healthier. Explaining medical information in a highly readable style, this book turns conventional wisdom on weight gain on its ear. If more people had access to the information in this book, the multimillion-dollar diet industry would be in trouble.

- Golden, Jocelyn. (2005). *Learning to Be Me: My Twenty-Three-Year Battle with Bulimia*. iUniverse Star.

Many women in the United States who suffer from eating disorders die from the diseases annually. Learning To Be Me: My Twenty-Three-Year Battle with Bulimia is one woman's courageous battle to not become a statistic.

From violent self-abuse to feelings of despair as her cries for help went unanswered, author Jocelyn Golden's *Learning To Be Me* chronicles her battle and ultimate victory over one of the most silent, misunderstood, and deadly eating disorders in America. With candor and wit, Golden recounts the miserable realities of living with bulimia for more than two decades and paints a vivid self-portrait of a woman obsessed with being thin. An inspirational memoir about the search for strength, motivation, and support, *Learning To Be Me* illustrates the importance of self-love on the journey to healing.

Jocelyn Golden has struggled with bulimia for more than twenty-three years. Now effectively controlling the disorder, Golden uses her experiences to educate and support other victims.

- Greenfield, Lauren. (2006). *Thin*. Chronicle Books.

Critically acclaimed for *Girl Culture* and *Fast Forward*, Lauren Greenfield continues her exploration of contemporary female culture with *Thin*, a groundbreaking book about eating disorders. Greenfield's photographs are paired with extensive interviews and journal entries from twenty girls and women who are suffering from various afflictions. We meet 15-year-old Brittany, who is convinced that being thin is the only way to gain acceptance among her peers; Alisa, a divorced mother of two whose hatred of her body is manifested in her relentless compulsion to purge; Shelly, who has been battling anorexia for six years and has had a feeding tube surgically implanted in her stomach; as well as many others. Alongside these personal stories are essays on the sociology and science of eating disorders by renowned researchers Joan Jacobs Brumberg, Dr. David Herzog, and Dr. Michael Strober.

- Handler. (2000). *The Body Burden: Living in the Shadow of Barbie*.

This book is a must have for anyone who grew up with Barbie. I know now why I always wanted long slender legs. "The Body Burden" is about women as a whole. It shows that as women, we are not alone in our thoughts, feelings and food issues in a society obsessed with media perfectionism.

- Hautzig, Deborah. (1999). *Second Star to the Right*.

Leslie Hiller's world is growing smaller. It used to be large enough to include her worrisome but loving mother, her doting father, her close friend Cavette, and all the other people and places that made up her upper-class, A+ life. But now it has shrunk to the size of a dinner plate full of food--which she scrapes out her bedroom window to avoid eating. Leslie, a perfectionist who loves to be in control, finds she can't control the fear that she will somehow fail to be the perfect daughter, perfect student, and perfect friend. So she decides to master the one thing over which she is certain she has complete domain: food. Even when it becomes apparent to everyone that her severe dieting has become a life-threatening habit, Leslie still can't stop: "I want to be happy. And being happy means being thin."

- Hornbacher, Marya. (2006). *Wasted: A Memoir of Anorexia and Bulimia (P.S)*.

An excellent and disturbing account of one woman's lifelong struggle with a combination eating disorder. Most ED patients exhibit symptoms of only one type of disorder, so this is a fascinating look from the inside out of someone who struggles with both. Very triggering, but also very uplifting.

- Knapp. (2003). *Appetites: Why Women Want*.

The book is important and special because the idea Knapp talks of pertains to every woman's life. As a female, we all have friends or mothers or siblings who think they are too fat or too skinny or are too promiscuous or constantly compare themselves to others. Our culture and media is saturated with the ideal body type, a body type which hardly any women can relate to. Knapp is getting to the heart of this situation-why we must do so or be so-always wanting to be someone else or achieve something "better". In a world filled with fashion magazines and diet books, *Appetites: What Women Want* is brilliant and revolutionary.

- Liu, Aimee. (2007). *Gaining: The Truth About Life After Eating Disorders*.

Liu's memoir of her own anorexia takes up the story of her life after her last memoir ends. Liu wrote *Solitaire* in her 20s after she recovered from a serious period of restricting anorexia as a high school and college student. She writes of a moment when she decided she wanted a happier life and turned toward health. But *GAINING* isn't focused on her eating disorder, but on the life she lived afterwards that still bore features of someone with her particular former illness.

- Menzie, Morgan. (2003). *Diary of an Anorexic Girl*.

Morgan Menzie takes readers through a harrowing but ultimately hopeful and inspiring account of her eating disorder. Her amazing story is told through the journals she kept during her daily struggle with this addiction and disease. Her triumphs and tragedies all unfold together in this beautiful story of God's grace.

Features include: daily eating schedule, journal entries, prayers to God, poems, and what she wished she knew at the time. It's the true story of victory over a disease that is killing America's youth.

- Oakes-Ash, Rachael. (2001). *Good Girls Do Swallow*. Mainstream Publishing.

This is a very good book about eating disorders (all kinds) but also about almost any issue that women deal with, including alcohol and drug abuse, rape, family issues, shop alcoholics and many more. Oakes-Ash is open, honest, and witty. The book actually reads more like an essay, (which can be repetitious at times) and not a typical story, which was something that I wasn't expecting. None the less, I highly recommend it for those interested in eating disorders.

The most impressive aspect of the book is the sheer frankness of the author's writing. She is refreshingly honest, telling her story in graphic detail whilst resisting the urge to 'sugar-coat' her biography in order to make herself look better. It is this openness - this baring of the soul - that makes the reader immediately warm to Rachael, a factor which helps to make her words & her underlying message seem so much more genuine than the usual crop of 'Self-help' books that are dominating the market at the moment.

- Paterson, Anna. (2000). *Anorexic*. Westworld International.

An autobiographical account of Anna Paterson's 14 year struggle with anorexia, beginning with her experiences of childhood abuse and ending with her recovery. Parts of this book do get a bit "harrowing", not so much from the physical dangers Anna's ED brings about, but rather from the standpoint of....the twisted and clearly sadistic emotional abuse Anna (and her family) is subjected to by her Grandmother. Abuse purposely designed to eradicate any authentic sense-of-self that Anna might try to develop....and of a sort arguably even more creepy and emotionally corrosive than if she had been physically beaten.

The story concerns Anna's and the rest of the family's attempts to confront and escape the influence of this evil woman, and to come to terms with the mental damage she has caused not only Anna, but every one of them.

Anna herself is a wonderful individual, and has gone on to individually help and encourage many others who fight their own EDs.

- Pettit, Christine. (2006). *Empty: A Story of Anorexia*.

More than five million adolescent girls struggle with eating dis-orders, and more than 80 percent of American women are unhappy with their bodies. Christie Pettit knows these statistics firsthand. As a college student with a tennis scholarship, she found herself

eating less and less, compulsively exercising, and spiraling downward in a dangerous battle against anorexia. She was starving--but she didn't know it. Now with a two-color interior, Empty recounts Christie's gripping story, incorporating new statistics, reflections from her journal, and biblical insight. Her candid retelling of her experience shows the spiritual dimension of eating disorders and describes how Christie turned to the Bible as a source of strength and encouragement to help her overcome anorexia. Pastors, parents, counselors, and those battling anorexia--especially teen girls--will find hope and wise counsel in Christie's compelling story.

- Roth, Geneen. (1993). *Feeding the Hungry Heart: The Experience of Emotional Eating*.

This is how Geneen Roth remembers her time as an emotional overeater and self-starver. After years of struggle, Roth finally broke free from the destructive cycle of bingeing and purging. In the two decades since her triumph, she has gone on to help tens of thousands of others do the same through her lectures, workshops, and retreats. Those she has met during this time have shared stories that are both heartrending and inspiring, which Roth has gathered for this unique book.

- Roth, Geneen. (2003). *Breaking Free From Emotional Eating*. Plume.

This book completely transformed my view of food. It truly is all in our perspective of how we look at a situation and Geneen Roth helps us to love ourselves, truly. She describes her own pain and suffering with compulsive eating and allows us to remember that there are many other women out there feeling the same way. I read this book for the first time when I was sixteen and was able to stop bingeing for a year! Now, I am rereading it at 19, after going through a hard time, and once again practicing her teachings. I love her. She is such a wonderful inspiration and has completely changed my life.

- Roth, Geneen. (1992). *When Love is Food. Exploring the Relationship Between Eating and Intimacy*. Plume.

This is the fourth book (*Feeding the Hungry Heart*, etc.) generated by the seminars Roth conducts at her Berkeley, Calif., home for people who believe that if they were thin, they would be happy. But the author makes clear that losing weight doesn't automatically gain one success, respect and love. Roth's personal story and those of her clients as related here exemplify the need to discover why the overweight are addicted to food. Citing her own deprived childhood, the author demonstrates that gluttons seek the reliable comforts of eating instead of closeness with humans who might become abusive (like her mother) or vanish (like her father). Those bent on self-improvement will find that the book merely repeats well-known principles in a melodramatic fashion.

- Schaefer, Jenni. (2003). *Life Without ED: How One Woman Declared Independence from Her Eating Disorder and How You Can Too*.

Written by a woman who has overcome her own struggles with her eating disorder ("Ed"), *Life Without Ed* is a first-hand account illustrating how dealing with an eating disorder is in many ways similar to being in an abusive relationship. Jenni shares how she was able to painfully separate herself from Ed by learning how to discern her own voice, goals, rules, values, and beliefs from his. She shares the work that she has done during her recovery process, while encouraging the reader to design and discover their own unique path to recovery. She demonstrates how recovery involves more than separating from Ed---it also involves reconnecting with your self to finally satisfy your hunger for life.

- Sacker, Ira. (1987). *Dying to be Thin: Understanding and Defeating Anorexia Nervosa and Bulimia – a Practical Lifesaving Guide.*

Dr. Sacker and Dr. Zimmer explain in full detail the causes and symptoms of these disorders and how and where to find help. Using case histories and first-person accounts by patients, their families, their physicians and friends, *Dying To Be Thin* is the complete resource for anyone concerned with these dangerous disorders.

I read this book as my daughter was hospitalized for anorexia. The fear and guilt were HUGE as I began reading (they still are) but Zimmer's and Sacker's work as an M.D. specializing in Eating Disorders has provided much-needed insight into sufferers' motivations and pain. My daughter, age 14, marked all the pages that "spoke" to her...she marked MANY pages. Authors Zimmer and Sacker attempt, and for the most part succeed, in explaining all variations of EDs. Esp poignant for me were the comments from a mother, and her powerlessness to stop her daughter from destroying herself through starvation. I bought several copies to distribute to family members so that they can support my daughter in recovery. Very useful is a section for educators on how they can assist a student who has an ED.

- Sacker, Ira. (2007). *Regaining Your Self: Breaking Free From The Eating Disorder Identity.*

Ira Sacker's approach to treating eating disorders is indeed a bold new one. His refreshing approach known as PIRT (Personal Interactive Rational Therapy) takes the focus away from the food and the eating and shines the spotlight where it is most needed--on the individual's path of self-discovery. PIRT transcends traditional approaches to treating eating disorders as it provides the client the safety, space, and support to discover her own identity, independent of the confines of her eating disorder.

- Shute, Jenefer. (1997). *Life-Size.*

Josie lies in her hospital bed, dangerously thin, still determined to control her weight. She refuses to recognize her illness, identifying herself by her grad school major when asked "what" she is. In flashbacks, we learn of Josie's transformation from relatively happy child into a young woman determined to be thin at any cost. Her rite of passage is marred

by rape, as well as parental abuse, both physical and sexual, although Josie resists the idea that early abuse played any role in perpetuating her eating disorder. Josie's acerbic take on the hospital and those attending her is dark humored and amusing even when she is so clearly wrong in her perceptions. Rather than acquiesce, she fights her treatment team every step of the way, although when she's reluctantly dragged forward into better health, she realizes that she may in the end be her own worst enemy. Shute takes us inside the head of an anorexic so well, the reader may wonder if she herself has dealt with the disease. Regardless, this is a great book.

- Strober & Shneider. (2005). *Just a Little Too Thin: How to Pull your Child Back from the Brink of an Eating Disorder.*

A straightforward guide to recognizing the dangerous signs of when one's daughter (or more rarely, one's son) shifts from becoming an "innocent" to "exhilarated" to "preoccupied dieter" - when dieting has less to do with weight and health and more to do with emotional issues that could prove fatal. Offering compassionate, no-nonsense advice on how to talk to one's children about weight issues, and guide him or her away from the slippery slope that can lead to anorexia, bulimia, or other eating disorders, *Just A Little Too Thin* is a valuable, jargon-free guide. Additional chapters also offer insight concerning when professional help or medical intervention are necessary, and if so, how to go about it.

- Tribole, Evelyn. & Resch, Elyse. (2003). *Intuitive Eating: Revolutionary Program that Works.* St. Martin's Griffin.

Intuitive Eating is a revolutionary concept, even though it is basically the most normal, natural way to eat -- the way a child deals with food! The authors have started a movement that has been gaining momentum and is becoming more and more popular in the midst of all the diet mentality our society shoves down our throats.

This book is for anyone struggling with eating and food issues: anorexia, bulimia, binge eating, compulsive dieting and exercising. It's for people who can't stop weighing themselves and are constantly criticizing themselves because of some perceived flaw on their bodies.

The authors instruct us to toss out these irrational, destructive beliefs we have about dieting, exercise, food and our bodies and learn instead to honor and respect our bodies. Their research and case studies are convincing and inspiring, and their clearly explained principles are easy to understand.

This book has changed my life. I recommend it to anyone who is tired of feeling like a failure because they can't stay on a diet, even though it's the diet industry that is failing us. This book has given me hope that I can become a healthier, happier person.

- Weiner. (2003). *A Very Hungry Girl: How I Filled Up on Life and How You Can Too!*

In Jessica Weiner's book, she talks about her struggle with eating disorders and her path to self-discovery and self-love. Her survivor story is witty and honest. Besides talking about touchy subjects like racism, body image, and moral values, this book gives tools and tips on how to be a positive member of society. Above all, it reminds us to love and respect the beautiful skin we're in.

- Wolfe, Naomi. (2002). *The Beauty Myth: How Images of Beauty are Used Against Women.*

The Beauty Myth explores the contemporary culture of feminine beauty. Its thesis made up of several parts:

1. That the concept of feminine beauty is more a social construct as opposed to a completely biological idea.
2. That it is very successful at debilitating women's progress within work, home, society, relationships, etc.
3. That this has been developed as a political tool, aimed at countering the advances of the feminist revolution.

*Many thanks to the recovering individual who volunteered to compile this reading list for Alliance Counseling Center.