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BOOKLIST

Recommended by other parents. Includes links to Amazon. Some of these titles are also available from Book Depository who provide free shipping www.bookdepository.com

Popular Titles & Newly Published:

- **F.E.A.S.T Family Guide Series**
The F.E.A.S.T. Family Guide Series is a project to publish small booklets for the use of families facing an eating disorder diagnosis in the household. Well written and representing the best current science. The editors for each booklet are leading clinicians and researchers in the field who volunteer their time and expertise. <https://feast-ed.site-ym.com/?page=neuroguide>
- **“When Your Teen Has an Eating Disorder” Lauren Mulheim PsyD**
Practical Strategies to Help Your Teen Recover from Anorexia, Bulimia and Binge Eating Family based treatment to: help manage meals, bingeing purging and exercise, relapse prevention.
<https://www.eatingdisordertherapy.com/book/>
- **“Anorexia and other eating disorders: how to help your child eat well and be well” Eva Musby**
Practical solutions, compassionate communication tools and emotional support for parents of children and teenagers <https://anorexiafamily.com/order/>
Follow this link to more of Eva’s great resources: <http://anorexiafamily.com>
- **“ED Says U Said” June Alexander**
This book aims to improve communication between someone with an eating disorder and their friends and family by revealing the eating disorder mind set and decoding language choices. Using examples of real-life, everyday conversations, it translates the highly charged language of anorexia, bulimia and binge eating disorder and unravels the emotional chaos that can surround sufferers and those who care for them.
<http://www.amazon.com/Ed-Says-Said-Disorder-Translator/dp/1849053316>

Anorexia:

Family Based Therapy FBT (Maudsley) Helping Teenagers:

- **“Survive FBT”**. A skills manual for parents undertaking Family Based Therapy Treatment for child and adolescent Anorexia Nervosa by Maria Ganci. <http://www.amazon.com/Survive-FBT-Undertaking-Treatment-Adolescent/dp/0994474601>

Books Written by Mothers & Families:

- **“Throwing Starfish Across the Sea” Laura Collins & Charlotte Bevan**
In this little pocket sized book, two very experienced mothers share information and support with other parents/carers with honest humour and a very direct reassuring manner as they would share over the kitchen table.
http://www.amazon.com/Throwing-Starfish-Across-Sea-pocket-sized/dp/1494307146/ref=la_B001IOFFCA_1_2?s=books&ie=UTF8&qid=1425874153&sr=1-2

- **“Brave Girl Eating” Harriet Brown**
A moving account of a family’s battle to save a daughter’s life from anorexia. Also provides useful statistics and information about eating disorders. http://www.amazon.com/Brave-Girl-Eating-Struggle-Anorexia/dp/0061725471/ref=sr_1_1?s=books&ie=UTF8&qid=1279463361&sr=1-1
- **“My Kid Is Back” June Alexander and Le Grange**
10 families tell their family stories of helping their children overcome eating disorders. Includes Sydney families.
<http://www.amazon.com/My-Kid-Back-Empowering-Anorexia/dp/041558115X>
- **“Eating With Your Anorexic” A Mothers Memoir, Laura Collins**
Laura recounts her family’s battle to save her daughter’s life
http://www.amazon.com/Eating-Your-Anorexic-Mothers-Memoir/dp/0692329951/ref=la_B001IOFFCA_1_1?s=books&ie=UTF8&qid=1425874153&sr=1-1

Books Written by Clinicians / Therapists:

- **“Help Your Teenager Beat an Eating Disorder” Lock and Le Grange**
A great book that encourages you and your family to step in and take action to help your teenage daughter/son eat their way back to health.
https://www.amazon.com/Help-Teenager-Eating-Disorder-Second/dp/146251748X/ref=dp_ob_title_bk
- **“Decoding Anorexia – How Breakthroughs in Science Offer Hope for Eating Disorders” Carrie Arnold.** Based on the “adapted to flee famine” theory. Arnold has a PhD in science, is a science writer, and has herself suffered lifelong anorexia. Well researched, the scientific information is really compelling, but presented in a very readable way.
<http://www.amazon.com/Decoding-Anorexia-Breakthroughs-Science-Disorders/dp/0415898676>

Books For Helping Families With Adults with Eating Disorders:

- **“Skills-Based Learning for Caring for a Loved One with An Eating Disorder” Treasure et al**
Leading clinicians provide hands-on, easily digested advice on how to help your loved one in the process of recovery
https://www.amazon.com/Skills-based-Caring-Loved-Eating-Disorder/dp/1138826634/ref=dp_ob_title_bk
- **“Supportive Eating” Booklet (published by Regional Eating Disorder Service Auckland) FREE from EDANZ**
Provides tips and strategies on how to support someone with an eating disorder

Bulimia / Binge Eating:

- **“Overcoming Binge Eating” Fairburn**
Written by an international leading clinician Fairburn offers practical strategies on how to overcome the destructive cycle of bulimia and binge eating using Cognitive Behaviour Treatment (CBT) strategies. Also useful for families.
<http://www.amazon.com/Overcoming-Binge-Eating-Second-Edition/dp/1572305614>
- **“Getting Better Bite by Bite: A Survival Kit for Sufferers of Bulimia Nervosa and Binge Eating Disorders” Schmidt & Treasure**
A practical hands-on guide written by international leading clinicians
https://www.amazon.com/Getting-Better-Bite-Sufferers-Disorders/dp/1138797375/ref=dp_ob_title_bk

- **“Crave – Why you Binge and How to Stop” Cynthia Bulik**
<http://www.amazon.com/Crave-Why-You-Binge-Stop/dp/B002VPE7NS>
- **“Binge Control” Cynthia Bulik** a compact guide to understanding binge eating disorder (BED) and a companion to *Crave* It is designed to help people who have BED better understand their condition and their treatment options and to help family members and friends of individuals with BED provide understanding and support to their loved ones during recovery. The most important message in this handbook is that BED is treatable and many effective therapies and medications exist.
<http://www.cynthiabulik.com/books/binge-control/>
- **“Beyond The Shadow of a Diet: The Comprehensive Guide to Treating Binge Eating Disorder, Compulsive Eating, and Emotional Overeating” Judith Matz**
Offers an alternative to dieting culture, following principles of listening to your body, attuned eating and allowing your genetic make up to dictate your shape, as opposed to fashion or the many strong cultural pressures that women face to conform to certain expectations on their bodies and personhood. NOT SUITABLE for restrictive eating disorders.
http://www.amazon.com/Beyond-Shadow-Diet-Comprehensive-Compulsive/dp/0415639735/ref=dp_ob_title_bk

Books to Help Adult Individuals with an Eating Disorder (and families):

- **“Biting the Hand That Starves You” Maisel, Epston and Borden:**
A compassionate book written by leaders in narrative therapy that provides insight into how people can take on eating disorders for recovery.
<http://www.amazon.com/Biting-Hand-that-Starves-You/dp/0393703371>
- **“Life Without ED” Jenni Schaeffer**
Jenni Schaeffer suffered with bulimia for many years and talks about her first meeting with a new Psychologist who taught her how to externalise the eating disorder, Although this book is written by an ex bulimia sufferer much of the advice applies to anorexia. It’s really chatty and an easy read for someone who is not up to much reading and each chapter is incredibly short for that reason. Its very down to earth and realistic too, particularly for an older sufferer who is essentially responsible for their own recovery, rather than an adult/child situation.
<http://www.amazon.com/Life-Without-Ed-Declared-Independence/dp/0071422986>
- **“Midlife Eating Disorders” Cynthia M. Bulik**
Addresses the experience of first episode eating disorders in midlife for both men and women, as well as the re emergence of what might not have ever been named earlier in life as an eating disorder.
<http://www.amazon.com/Midlife-Eating-Disorders-Journey-Recovery/dp/080271269X>
- **“8 Keys to Recovery From an Eating Disorder” Costin and Schubert Grabb (2012)** Written by therapists with personal experience of eating disorders, the book offers strategies, practical tools and techniques for managing eating disorder behaviours. <http://www.amazon.com/Keys-Recovery-Eating-Disorder-Therapeutic/dp/0393706958>

Books for Families with Boys:

- **“The Boy who Loved Apples” Amanda Webster** <http://www.amazon.com/The-Boy-Who-Loved-Apples-ebook/dp/B007MOU93U>
- **Boys Get Anorexia Too, Jenny Langley** <http://www.amazon.com/Boys-Get-Anorexia-Too-Disorders/dp/1412920221>
- **“Skinny Boy” Gary Grahl** A young man’s battle and triumph over anorexia
<http://www.amazon.com/Skinny-Boy-Battle-Triumph-Anorexia/dp/0976154749>
- **Making Weight” Andersen, Cohn and Holbrook** <http://www.amazon.com/Making-Weight-Healing-Conflicts-Shape/dp/0936077352>

Body Image / Perfectionism:

“When Perfect Isn’t Good Enough” Antony and Swinson Offers strategies and coping skills for dealing with perfectionism in an easy-to-read format. <http://www.amazon.com/When-Perfect-Isnt-Good-Enough/dp/157224559X>

“Why Can’t I Look the Way I Want” Melinda Hutchings Drawing on her own experiences of anorexia and recovery Hutchings offers a wealth of information and personal stories in an upbeat easily read format – includes practical advice, check lists, and expert advice <http://www.amazon.com/Why-Cant-Look-Way-Want/dp/1741757541>

People Record their Journey to Recovery:

- **“Unbearable Lightness” Portia de Rossi (2010)**
An inspirational and honest account of Portia’s struggle to overcome anorexia, purging and compulsive exercise while the world saw her as thin, blonde and successful
<http://www.amazon.com/Unbearable-Lightness-Story-Loss-Gain/dp/1439177791>
- **“Biting Anorexia” Lucy Howard Taylor**
Tracks Lucy’s successful battle against anorexia. (Lucy was born in NZ)
<http://www.amazon.com/Biting-Anorexia-Firsthand-Account-Internal/dp/1572247029>

Mothers and Daughters Stories:

- **“Alice Through the Looking Glass” Jo and Alice Kingsley**
<http://www.amazon.co.uk/Alice-The-Looking-Glass-experience/dp/0749926902>

Severe and Enduring Illness SEED:

- **“Severe and Enduring Eating Disorder (SEED)” Paul Robinson**
(One of few available resources) Written for clinicians Robinson covers assessment and treatment, physical and psychological problems, family issues and difficulties of day-to-day living
http://www.goodreads.com/author/show/5816415.Paul_H_Robinson
- **“Stop Walking on Eggshells” Mason and Kreger**
(Written for people caring for others with borderline personality disorder – however recommended by EDANZ families)
Provides a self-help guide to help families cope with very challenging behaviours and take care of themselves.
<http://www.amazon.com/Stop-Walking-Eggshells-Borderline-Personality/dp/1572246901>

Diabetes and Bulimia

- **“Diabulmia, Towards Understanding, Recognition and Healing” Aarti Esther Sharma**
In this book, the author fuses her unique perspective as a former diabulimia patient with her medical training to expound upon all aspects of the condition.
http://www.amazon.com/Diabulmia-Towards-Understanding-Recognition-Healing/dp/149238478X/ref=sr_1_1?s=books&ie=UTF8&qid=1401578415&sr=1-1&keywords=diabulimia+sharma