



EATING DISORDER SUPPORT SERVICE

**“from a seed a flower grows as do people who blossom in life”**

**RECOMMENDED BOOK LIST FOR SERVICE USERS**

<b>Bulimia Nervosa</b>	
<b>Getting Better Bit(e) by Bit(e) Survival Kit for Sufferers or Bulimia Nervosa and Binge Eating Disorder</b>	<b>Urike Schmidt</b>
<b>End Emotional Eating</b>	<b>Jennifer Taitz</b>
<b>Overcoming Bulimia Nervosa and Binge Eating: A Self Help Guide using cognitive behavioural techniques</b>	<b>(2013) by Peter Cooper</b>
<b>Bulimia: A Guide to Recovery by Lindsey Hall (Includes a section about advice for loved ones)</b>	<b>Lindsey Hall</b>

<b>Anorexia Nervosa</b>	
<b>Anorexia Nervosa – A Recovery Guide for Sufferers, Families and Friends</b>	<b>Janet Treasure and June Alexander</b>
<b>Overcoming Anorexia Nervosa – A Self Help Guide using Cognitive Behavioural Techniques</b>	<b>Christopher Freeman (2013) Version (2009) may be cheaper</b>
<b>Anorexia and Bulimia: A Practical Guide for Parents, Carers and Sufferers. A step by step Guide for beating Anorexia and Bulimia</b>	<b>Beverley Marais</b>
<b>8 keys To Recovering From An Eating Disorder</b>	<b>Carolyn Costin and Gwen Schubert Grabb</b>
<b>Boys Get Eating Disorders Too</b>	<b>Jenny Langley</b>
<b>Life without ED</b>	<b>Jenny Schaefer</b>
<b>Wellbeing Recovery Action Plan</b>	<b>Mary Copeland</b>

<b>Carers</b>	
Skills Based Learning for Caring for Loved Ones With An Eating Disorder – The New Maudsley Method	Prof Janet Treasure, Grainne Smith and Anna Crane
Hope and Eating Disorders	Lynn Crilly
Hope and Eating Disorders 2 <sup>nd</sup> Edition	Lynn Crilly
First Steps out of Eating Disorders	Dr Kate Middleton
Anorexia and other eating disorders – How to help your child eat well and be well	Eva Musby

<b>Both Sufferers and Carers</b>	
Mindfulness	Mark Williams and Danny Penman
Intuitive Eating	Evelyn Tribole
Feel the Fear and Do It Anyway	Susan Jeffers
The Secret	<a href="#">Rhonda Byrne</a>