

## Resource List: Eating Disorders

Suggested reading for those who would like more information about eating disorders:

### Books

- *Overcoming Binge Eating*; by Christopher Fairburn, D.M., F.R.C. Psych.; The Guilford Press, 1995.
- *A Parent's Guide To Eating Disorders*; by Brett Valette; Walker Publishing Company, 1988.
- *Surviving An Eating Disorder: Strategies For Families And Friends*; by Michelle Siegal, Ph.D., Judith Brisman, Ph.D., and Margot Weinschel, M.S.W.; HarperPerennial, 1997.
- *Hunger Pains: From Fad Diets To Eating Disorders-What Every Woman Needs To Know About Food*; by Mary Pipher, Ph.D.; Adams Publishing, 1995.
- *Bodylove: Learning To Like Our Looks And Ourselves*; by Rita Freedman, Ph.D.; Harper & Row, 1988.
- *Bulimia: A Guide To Recovery*; by Lindsey Hall and Leigh Cohen; Gurze Books, 1993.
- *Controlling Eating Disorders With Facts, Advice And Resources*; by Peter Lemberg, ed.; Oryx Press, 1992.
- *A Hunger So Wide And So Deep*; by Becky Thompson; University of Minnesota Press, 1994.
- *The Eating Disorder Sourcebook*; by Carolyn Costin, MA, MEd, MFCC; Lowell House, 1996.
- *Males With Eating Disorders*; Edited by Arnold Andersen, M.D.; Brunnel/Mazel, Inc. 1990.

### Other Resources

Eating Disorders Awareness and Prevention, Inc.  
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