

Rio, Linda. The Anorexia Diaries: a Mother and Daughter's Triumph over Teenage Eating Disorders. Rodale, 2003. 616.85262 RIO

Excerpts from the actual diaries of a mother and daughter take readers inside their home, their family, and their minds to see how they react to, cope with, and ultimately win their battle over teen depression and eating disorders.

Schaefer, Jenni. Life without Ed: How One Woman Declared Independence from Her Eating Disorder and How You Can Too. McGraw-Hill, 2004. 616.8526 SCH

Schaefer, with the help of her psychotherapist, Rutledge, tells how she overcame ED, (the evil E.D., Eating Disorder).

Sothorn, Melinda. Trim Kids: The Proven 12-Week Plan That Has Helped Thousands of Children Achieve a Healthier Weight. HarperResource, 2001. 613.7042 SOT

The experts who have helped thousands of children lead healthier lives have assembled the Trim Kids* program, a unique 12-week plan providing a positive, safe initial approach to lifetime weight management. 118 line drawings.

Web Sites

National Eating Disorders Association
www.nationaleatingdisorders.org

ANRED: Anorexia Nervosa and Related Eating Disorders.
www.anred.com

Eating Disorders Association:
www.edauk.com

Eating Disorder Referral and Information Center: www.edreferral.com

Northbrook Public Library
1201 Cedar Lane
Northbrook, IL 60062
Phone: 847-272-6224
Fax: 847-498-0440
nbkref@nsls.info
www.northbrook.info

Eating Disorders

Bibliography

Bellenir, Karen, editor. Diet Information for Teens: Health Tips About Diet and Nutrition. Omnigraphics, 2001.

613.2083 DIE

Provides information for teens on making good food choices, following nutrition guidelines, and coping with special dietary needs. Explains fundamentals of nutrition, covering vitamins and minerals, dietary supplements, fats, and cholesterol. Describes the best and worst ways to lose weight, and offers tips on planning for meals and gaining weight. A special section on eating disorders describes anorexia, bulimia, and binge eating.

Boskind-White, Marlene. Bulimia/Anorexia: The Binge/Purge Cycle and Self-Starvation. Norton, 2000.

616.85263 BOS

This basic source of information on the dynamics of eating disorders now contains material on the authors' outpatient therapy program, updated information about medications, and a new chapter on intensive psychotherapy with anorexics.

Duker, Marilyn. Anorexia Nervosa and Bulimia: How to Help. Open University Press, 2003.

616.85262 DUK

Duker is a specialist in the process of recovery from anorexia nervosa/bulimia. Over three decades, and with a wealth of experience in working with sufferers at every stage of the illness, she has integrated theory and practice to establish a unique therapeutic approach.

Herrin, Marcia. The Parent's Guide to Childhood Eating Disorders. Holt, 2002.

618.928526 HER

As an expert in eating disorders, a former anorexic, and the mother of two teenagers, Dr. Marcia Herrin speaks with rare authority and understanding in this successful new approach to treating eating disorders in preteens and teens.

Lerner, Betsy. Food and Loathing: A Lament. Simon & Schuster, 2003.

616.8526 LER

In Lerner's raw and witty memoir of a 20-year battle with depression and compulsive eating, the secret life of women and their self-esteem is vividly portrayed. For every woman who calculates her worth on the morning scale, this is her story, too.

Lock, James. Help Your Teenager Beat an Eating Disorder. Guilford Press, 2005.

616.8526 LOC

This powerful and controversial book by top researchers James Lock and Daniel le Grange argues that parents are not the culprits but the key to their teen's recovery. It shows how parents can break the disorder's control over their child's mind and re-establish normal eating and family relations.

Lucas, Alexander R. Demystifying Anorexia Nervosa: An Optimistic Guide to Understanding and Healing. Oxford University Press, 2004.

616.85262 LUC

Lucas begins by describing the disease and debunking the myths surrounding it. He then explains what to expect in the diagnostic and treatment phases and provides pointers for parents to use with their children, primary-care physicians, and mental health specialists.

McGraw, Jay. The Ultimate Weight Solution for Teens: The 7 Keys to Weight Freedom. Free Press, 2003.

613.25 MACG

McGraw uses examples and web postings drawn from his survey with 10,000 teenagers to underline a powerful message: "Weight is not about the size or your Levis or a number on the scale. It's about whether you use food to take care of your body or to abuse it."

Reindl, Sheila. Sensing the Self: Women's Recovery from Bulimia. Harvard University Press, 2001.

616.85263 REI

A noted psychologist shares the personal accounts of women who suffered from the eating disorder bulimia nervosa, and their efforts to recover.