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Art Therapy and Eating Disorders is a step-by-step approach to a new and extremely promising technique for treating people with eating disorders children as well as adults, male and female sufferers alike that has proven to be a crucial aid to identification,

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Of course, while books about eating disorders can be helpful and therapeutic, if you or someone you know is suffering from disordered eating or any related disorders, please get help beyond the written word. If you are in the U.S., the contact helpline for the National Eating Disorder Association is (800) 931-2237.

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The 2009 book chronicles Hornbacher's journey to the "dark" side and her way back -- on her own terms. 2. Wintergirls, Laurie Halse Anderson. Laurie Halse Anderson masterfully covers some of the darkest, hushed events of life, such as rape, mental illness, eating disorders, and self harm, in an way that educates and informs young readers.

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I read this book during the beginning of my eating disorder recovery, and found it to be uplifting. It offers a lot of practical tools for navigating recovery, and also details the recovery story

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The Eating Disorder Sourcebook : A Comprehensive Guide to the Causes, Treatments, and Prevention of Eating Disorders by Carolyn Costin Provides a compassionate and comprehensive look at this potentially fatal disorder through a multidimensional approach that incorporates nutritional, psychological, and biochemical aspects.

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nervosa; 4.5 Bulimia nervosa; 4.6 Treatment and management of atypical eating disorders including binge eating disorder; 4.7 Research recommendations; 5. Identification of eating disorders in primary care. 5.1 Introduction; 5.2 Screening; 6.

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