

BOOKS FOR EATING DISORDERS



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It's alarming when you hear the stat that more than 24 million Americans are living with eating disorders so when National Eating Disorders Awareness Week comes around, it's important to reach

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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. Also consider speaking to a therapist, in person or online.

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Books on Eating Disorders Recovery Treatment

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National Centre for Eating Disorders Books

Some books that we especially recommend as the best for sufferers and for carers. An Eating Disorder In The Family: How You Can Help by Dr Rosie Helyar DPsych, MBACP(Accred) 5.50 Available only by calling us on 0845 838 2040

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Three Great Children's Books About Eating Disorders

This book is ideal for kids who may have already developed eating disorders or those who have already experimented with them as it will give them a sense of hope that they will overcome their condition and there are others who have had the same feelings and emotions but have managed to lead healthy, normal lives.

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First published in 1995, Intuitive Eating has become the go-to book on rebuilding a healthy body image and making peace with food. We've all been there angry with ourselves for overeating, for our lack of willpower, for failing at yet another diet.

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