

## **BOOKS ABOUT EATING DISORDERS**



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If you or anyone you know is struggling with an eating disorder, please know that you are not alone. Call or text the Crisis Call Center 24/7 at 800-273-8255 or text ANSWER to 839863. Books have a wonderful way of connecting us with the rest of humanity, regardless of space and time constraints.

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### **10 Eating Disorder Books That Hit The Mark During NEDA**

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 of its author. This is a great book for those early on in their journeys, or who want to find some renewed hope.

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Rumination disorder generally occurs during infancy, and involves repeated regurgitation accompanied by low body weight. Infants suffering from rumination disorder may re-ingest the regurgitated food. Pica, also found primarily among infants, is characterized by eating various non-nutritive substances like plaster, paint, or leaves.

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### **Three Great Children's Books About Eating Disorders**

This book does well in the fact that it shows anorexia for what it really is without glamorizing it, something that unfortunately many children's books about eating disorders end up doing. It is a memoir of Grace's own personal struggle with anorexia that truly shows the thoughts of a person living with anorexia.

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### **Eating Disorders Suzanne Abraham Google Books**

Eating Disorders: The Facts is a guide to the three major eating disorders: anorexia, bulimia and obesity. This comprehensive guide considers why eating disorders occur, and then looks at each in turn, describing the eating behaviours, diagnosis, and treatments available.

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Must have books and CDs for people with Eating Disorders. Check out our books on anorexia, bulimia, and compulsive overeating.

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More children are overweight than ever before, yet the eating disorders anorexia and bulimia affect an alarming number of teens. In a society that is

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We are committed to providing education and contributing accessible and up-to-date resources for eating disorders. Check out our book recommendations here.

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