

Eating Disorder Resources:

Books:

Health at Every Size: The Surprising Truth About Your Weight by Linda Bacon, Ph.D.

Body, Self and Society- The View from Fiji by Anne E. Becker, MD, Ph.D., SCM

Eating Disorders: Obesity, Anorexia Nervosa and the Person Within by Hilde Bruch, MD

Cognitive Behavior Therapy and Eating Disorders by Christopher G. Fairburn, DM

Overcoming Binge Eating by Christopher G. Fairburn, DM, FRC Psych

Big Fat Lies: The Truth About Your Weight and Your Health by Glenn Gaesser, Ph.D.

Treating Bulimia in Adolescents: A Family-Based Approach by Daniel Le Grange, Ph.D.
and James Lock, MD.