























Self-Help for Body Image & Eating Disorders

(Click icons to link to resources)

		Rise Up & Recover	Monitor eating, emotion, and coping	Free
		Recovery Record	Eating disorder recovery aid	Free
		<u>Eating in the Light of the Moon</u>	By Anita Johnston, Ph.D.	Varies
		<u>Life without ED</u>	By Jenni Schaefer	Varies
		<u>The Beauty Myth</u>	By Naomi Wolf	Varies
		<u>Anorexia Nervosa: A Survival Guide for Friends, Family & Sufferers</u>	By Janet Treasure	Varies
		<u>Skills Based Learning for Caring for a Loved One with ED</u>	By Treasure, Smith, and Crane	Varies
		<u>The Body Myth</u>	By Maine & Kelly	Varies
		<u>Surviving an Eating Disorder: Strategies for Families and Friends</u>	By Siegel, Brisman, and Weinschel	Varies
		<u>The ED Sourcebook</u>	By Carolyn Costin	Varies
		<u>Gaining</u>	By Aimee Liu	Varies
		<u>Goodbye ED, Hello Me</u>	By Jenni Schaefer	Varies
		<u>Handbook of Treatment for Eating Disorders</u>	By David Garner	Varies
		<u>Body Image, ED and Obesity</u>	Ed. Kevin Thompson	Varies
		<u>The Body Image Workbook</u>	By Thomas Cash, Ph.D.	Varies
		<u>The Overcoming Bulimia Workbook</u>	By Randi McCabe	Varies

	<u>The Anorexia Workbook</u>	By Michelle Heffner	Varies
	<u>Bulimia: A Guide to Recovery</u>	By Hall & Cohn	Varies
	<u>Feminist Perspectives on Eating Disorders</u>	Eds. Fallon, Katzman & Wooley	Varies
	Body Checking / Avoidance & Feeling Fat (Worksheet)		Free
	Body Image Terms and Definitions (Handout)		Free
	Weight and Shape Concerns Log (Worksheet)		Free
	Toxic Myths for Body Image (Handout)		Free
	Body Image and Disordered Eating (Article)		Free
	Structured Intuitive Eating & Recovery (Handout)		Free
	Mindful Eating Checklist (Handout)		Free
	Food and Symptom Diaries (Worksheet)		Free
	Eating Disorder Resources and Tips for Parents		Free
	Body Mass Index Table (Handout)		Free
	National Eating Disorders Association		Free
	Eating Disorder Referral and Information Center		Free
	Academy for Eating Disorders		Free
	National Association for Anorexia Nervosa and Associated Disorders		Free
	Mirror-Mirror: Eating Disorder Help and Information		Free
	Eating Disorders Treatment		Free

	Eating Disorders Hope		Free
	What is an Eating Disorder?		Free
	Why Thinking You're Ugly is Bad For You	By Meghan Ramsey	Free
	Suddenly My Body	By Eve Ensler	Free

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Please note that while every effort has been made by the Counseling Center to provide a list of helpful resources, we do not guarantee the effectiveness of the resources provided. Your discretion is advised.