

Resources for Individuals with an Eating Disorder

Educating yourself about eating disorders can help you understand the illness and help take care of yourself as well as learn about other people's experiences.

Here are some resources that you may find useful:

Websites:

National Eating Disorders Collaboration

www.nedc.com.au

The Butterfly Foundation

www.thebutterflyfoundation.org.au

Eating Disorders Info (for young people)

www.eatingdisordersinfo.org.au

Health at Every Size

<https://haescommunity.com>

BEDA: Binge Eating Disorder Association

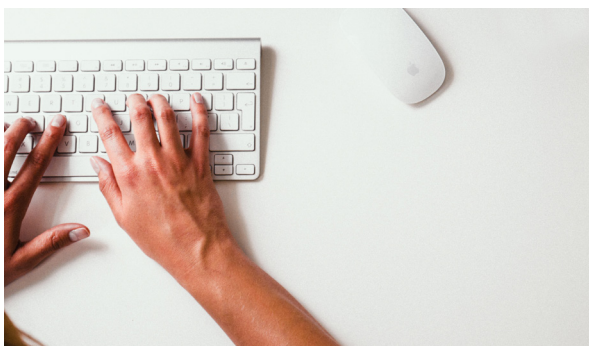
www.bedaonline.com

ROAR

www.reachoutandrecover.com.au

F.E.A.S.T

www.feast-ed.org



Academy for Eating Disorders

www.aedweb.org

If Not Dieting, Then What?

www.ifnotdieting.com.au

New Moves

www.newmovesonline.com

My Student Body

www.mystudentbody.com

Dieticians Association of Australia – DAA

www.daa.asn.au

Mental Health First Aid – MHFA

<https://mhfa.com.au>

National Eating Disorders Collaboration – CEDC

www.NEDC.com.au

How Far is Too Far?

www.howfaristooofar.org

Recovery Resources

<http://recoveryresources.com.au>

The Centre for Mindful Eating

www.tcme.org

Head Space

www.headspace.org.au

Centre for Clinical Interventions

www.cci.health.wa.gov.au

NEDA

<https://www.nationaleatingdisorders.org/>

Beat Eating Disorders

www.beateatingdisorders.org.uk

Something Fishy

www.something-fishy.org

Treating Eating Disorders

www.treatingeatingdisorders.com

Bodywhys – The Eating Disorders Association of Ireland

www.bodywhys.ie

Eating Disorder Hope

www.eatingdisorderhope.com

Eating disorders Victoria

<https://www.eatingdisorders.org.au/>

Best Drug Rehabilitation – Eating Disorders

<http://www.bestdrugrehabilitation.com/anorexia-nervosa-bulimia-and-eating-addictions/>

Beating Eating Disorders (UK)

<https://www.beateatingdisorders.org.uk/>

Reaching Out (Australia)

<https://au.reachout.com/>

Bodywhys – The Eating Disorders Association of Ireland

<https://www.bodywhys.ie/>

Recovery resources

<https://recoveryresources.com.au/>

Beyond Blue

<https://www.beyondblue.org.au/>

Books:

The Body Image Workbook

Author: Thomas F. Cash

Change Your Mind, Change Your Body: Feeling Good About Your Body and Self after 40

Authors: Ann Kearney-Cooke and Florence Isaacs



Health at Every Size: The Surprising Truth About Your Weight

Author: Linda Bacon

If Not Dieting, Then What?

Author: Rick Kausman

Intuitive Eating: A Revolutionary Program that Works

Authors: Evelyn Tribole and Elyse Resch

Overcoming overeating: how to break the diet/binge cycle and live a healthier, more satisfying life

Authors: Jane R. Hirschmann and Carol H. Munter

Eat What You Love, Love What You Eat: How to break your eat-repent-repeat cycle

Author: Michelle May

Diet No More!

Author: Judith McFadden

Bulimia Nervosa and Binge Eating: A Guide to Recovery

Author: Peter J. Cooper

Overcoming Binge Eating

Author: Christopher G. Fairburn

Find Your Happtite: Eat What You Want and Be Happy With Your (Perfect) Weight

Author: Sue Zbornik

It Will Get Better; Finding Your Way Through Teen Issues

Author: Melinda Hutchings

Gaining: The Truth About Life After Eating Disorders

Author: Aimee Liu

Life Without Ed: How One Woman Declared Independence from Her Eating Disorder and How You Can too

Author: Jenni Schaefer

Beating Your Eating Disorder

Authors: Glenn Waller, Victoria Mountford, Rachel Lawson, Emma Gray, Helen Cordery and Hendrik Hinrichsen

8 Ways to Recovery From an Eating Disorder

Authors: Carolyn Costin and Gwen Schubert Grabb

Overcoming Bulimia and Binge-Eating: A self-help guide using Cognitive Behavioral Techniques.

Author: Peter Cooper

The Appetite Awareness Workbook: How to listen to your body & overcome bingeing, overeating & obsession with food

Author: Linda Craighead.

The Body Image Workbook: An eight step program for learning to like your looks.

Author: Thomas Cash.

Anorexia Nervosa: a survival guide for families, friends and sufferers

Author: Janet Treasure

Within, Part One

Author: Karen McGratten

Nervosa: a survival guide for families, friends and sufferers, 2nd edition

Author: Janet Treasure

Biting Anorexia

Author: Lucy Howard-Taylor

My Recovery: Inspiring stories, recovery tips and messages of hope from eating disorder survivors

Author: Julie Parker

Goodbye Ed, Hello Me

Author: Jenni Schaefer

Eating in the Light of the Moon: How Women Can Transform Their Relationship with Food Through Myths, metaphors and Storytelling

Author: Anita Johnston

Ditch the Diet, Beat the Binge – How to break free from food fear, ban binges and just eat normally

Author: Lily Kay



Workbooks:

Getting Better BitE by BitE: Survival Kit for Sufferers of Bulimia Nervosa and Binge Eating Disorders

Authors: Ulrike Schmidt, Janet Treasure and June Alexander

8 Ways to Recovery From an Eating Disorder: Workbook

Authors: Carolyn Costin and Gwen Schubert Grabb

What's Eating You: A Workbook for teens with anorexia, bulimia and other eating disorders

Author: Tammy Nelson

Overcoming Your Eating Disorder. A Cognitive Behavioural Therapy Approach for Bulimia Nervosa and Binge-Eating Disorder. Guided Self-Help Workbook

Authors: W. Stewart Agras and Robin F. Apple

The Anorexia Workbook: How to Accept Yourself, Heal Your Suffering and Reclaim Your Life

Author: Michelle Heffner and Georg H. Eifert

The Overcoming Bulimia Workbook: Your Comprehensive Step-by-Step Guide to Recovery

Authors: Randle McCabe, Traci L. McFarlane, Marion P. Olmsted

The Appetite Awareness Workbook: How to Listen to your Body and Overcome Bingeing, Overeating and Obsession with Food

Author: Linda W. Craighead

Hunger for Understanding: A Workbook for Helping Young People Understand Anorexia Nervosa

Authors: Alison Eivors and Sophie Nesbitt

Podcasts:

Life Unrestricted. Boost your body image and recover from food & exercise madness – Meret Boxler

<https://itunes.apple.com/au/podcast/life-unrestricted-podcast-boost-your-body-image-recover/id1130713233?mt=2>

Food Psych – Christie Harrison

<https://christyharrison.com/foodpsych/>

