Self-Help for Body Image & Eating Disorders

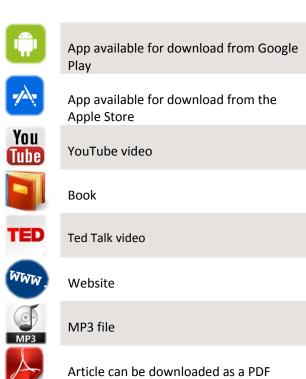
(Click icons to link to resources)

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

	The Anorexia Workbook	By Michelle Heffner	Varies
1	Bulimia: A Guide to Recovery	By Hall & Cohn	Varies
	Feminist Perspectives on Eating <u>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
WWW.	National Eating Disorders Association		Free
WWW.	Eating Disorder Referral and Information Center		Free
WWW.	Academy for Eating Disorders		Free
WWW.	National Association for Anorexia Ne	rvosa and Associated Disorders	Free
WWW.	Mirror-Mirror: Eating Disorder Help and Information		Free
WWW.	Eating Disorders Treatment		Free

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

KEY





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.				