

# Idaho Falls Pediatrics

## Eating Disorders: Resource List

### Books for Young Adults

- *Beginner's Guide to Eating Disorders Recovery*; by Nancy Kolodny; Gurze Books, 2004
- *Body Blues: Weight and Depression*; by Laura Weeldreyer; Rosen Publishing Group, 1998
- *Eating Disorder Survivors Tell Their Stories*; by Christina Chiu; Rosen, 1998
- *Eating Disorders: A Handbook for Teens, Families, and Teachers*; by Tania Heller; McFarland & Co, 2003
- *Exercise Addiction: When Fitness Becomes an Obsession*; by Laura Kaminker; Rosen Publishing Group, 1998
- *Food Fight: A Guide to Eating Disorders for Preteens and Their Parents*; by Janet Bode; Simon & Schuster, 1997
- *My Life as a Male Anorexic*; by Michael Krasnow; Haworth Press, 1996
- *Over It! A Teen's Guide to Getting Beyond Obsessions with Food and Weight*; by Carol Normandi and Laurelee Roark; New World Library, 2001
- *Wanting To Be Her: Body Image Secrets Victoria Won't Tell You*; by Michelle Graham; Intervarsity press, 2005
- *Wasted: A Memoir of Anorexia and Bulimia*; by Marya Hornbacher; Harper Collins, 1997

### Books for Adults

- *Anatomy of Anorexia*; by Steven Levenkron; W.W. Norton, 2000
- *Anorexia and Bulimia*; by Paul R. Robbins; Enslow Publishers, Inc., 1998
- *Anorexia Nervosa: A Guide to Recovery*; by Lindsey Hall; Gurze Books, 1999
- *Anorexia Nervosa: A Survival Guide for Families, Friends, and Sufferers*; by Janet Treasure; Psychology Press, 1997

- *Bulimia: A Guide for Family and Friends*; by Roberta T. Sherman; Jossey-Bass, 1997
- *Bulimia/Anorexia: The Binge/Purge Cycle and Self-Starvation, 3rd ed.*; Marlene Boskind-White; W.W. Norton & Co., 2000
- *Dying to Be Thin*; by Ira Sacker; Warner Books, 1995
- *Eating Disorders: The Facts*; by Suzanne Abraham; Oxford University Press, 1997
- *Help for Eating Disorders: A Parent's Guide to Symptoms, Causes and Treatments*; by Debra Katzman: Robert Rose, 2005
- *Help Your Teenager Beat an Eating Disorder*; by James Lock and Daniel Le Grange; New York, Guilford Press, 2005
- *If Your Adolescent Has an Eating Disorder: An Essential Resource for Parents*; by B. Timothy Walsh; Oxford University Press, 2005
- *I'm, Like, SO Fat! Helping Your Teen make Healthy Choices About Eating and Exercise in a Weight-Obsessed World*; by Dianne Neumark-Sztainer; New York, Guilford Press, 2005
- *Just a Little Too Thin: How to Pull Your Child Back From the Brink of an Eating Disorder*; by Michael Strober and Meg Schneider; Da Capo Press, 2005
- *Parent's Guide to Eating Disorders*; by Marcia Herrin; Publishers Group West, 2006
- *Talking to Eating Disorders: Simple Ways to Support Someone with Anorexia, Bulimia, Binge Eating or Body Image Issues*; by Jeanne Heaton and Claudia Strauss; NAL Trade, 2005
- *The Eating Disorder Sourcebook*; Carolyn Costin; Lowell House, 1996
- *Your Dieting Daughter: Is She Dying for Attention?*; by Carolyn Costin; Brunner/Mazel, 1997

## Other Resources

American Anorexia Bulimia Association  
 165 West 46th Street  
 Suite 1108  
 New York, NY 10036  
 212-575-6200  
 Web site: <http://www.nationaleatingdisorders.org/>

Help-lines, referral networks, public information, school outreach, media support, professional training, support groups and prevention programs.

Eating Disorders Awareness and Prevention, Inc.  
 Phone: 1-800-931-2237

Eating Disorder Referral and Information Center

<http://www.edreferral.com>

Provides information and resource on prevention and treatment, with listings of treatment centers, practitioners, online and telephone resources (both fee-based and free), and a monthly email newsletter.

National Institute of Mental Health (NIMH)

Office of Communications and Public Liaison

(301) 443-4513

E-mail: [nimhinfo@nih.gov](mailto:nimhinfo@nih.gov)

<http://www.nimh.nih.gov>

National Association of Anorexia Nervosa and Associated Disorders

Phone: (847) 831-3438

<http://www.anad.org>

Something Fishy: Website on Eating Disorders

<http://www.something-fishy.org>

Support group site; includes a chat room and listing of online support groups. Features a monthly schedule of chat events, an interactive bulletin board, and a treatment finder that can be browsed by state and country.

Weight-control Information Network

6101 Executive Blvd., Suite 300

Rockville, MD 20852

877-946-4627

301-984-7378

<http://win.niddk.nih.gov/index.htm>

National information service of the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), National Institutes of Health (NIH). which provides science-based information on obesity, weight control, and nutrition.

\*NOTE: This information is provided as a public educational service. The information does not replace any of the instructions your physician gives you. If you have a medical emergency please call 911 or call the Hospital at (208) 529-6111. If you have questions about your child's care, please call Idaho Falls Pediatrics at (208) 522-4600.