

Life Beyond Your Eating Disorder Reclaim Yourself Regain Your Health Recover For Good

Late BloomerMy Name Is CarolineLiving with Your Body and Other Things You HateHealing Eating Disorders with Psychodrama and Other Action MethodsEating in the Light of the MoonHope, Help, and Healing for Eating DisordersIntuitive Eating, 2nd EditionSurviving an Eating DisorderHungry for LifeCure Your Eating DisorderOvercoming Your Eating DisorderPrime TimeEating Disorders in SportLife Beyond Your Eating DisorderI Have an Eating Disorder. Now What?Integrated Treatment of Eating DisordersEmbodiment and the Treatment of Eating Disorders: The Body as a Resource in RecoveryEating Disorders AnonymousThe Internet in the Arab WorldThe Recovery Mama Guide to Your Eating Disorder Recovery in Pregnancy and PostpartumWhen Your Teen Has an Eating DisorderBeyond a Shadow of a DietBinge Eating DisorderRestoring Our Bodies, Reclaiming Our LivesSick EnoughMidlife Eating DisordersPortfolio of hopeEmptyLiving Beyond the WavesLife Without EdHope, Help & Healing for Eating DisordersAll about EveNot Your Mother's DietRECOVERY 2.0Healing Your Hungry HeartMaking Peace with Your PlateGainingFeeding the Starving MindAlmost AnorexicSkills-based Learning for Caring for a Loved One with an Eating Disorder

Late Bloomer

The Oscar-winning actress, fitness expert and political activist outlines a roadmap for seniors who are experiencing unprecedented rates of longevity, sharing practical advice on everything from fitness and sexuality to coming to terms with past mistakes and embracing a spiritual life.

My Name Is Caroline

Carol Tyler has been a professional (and highly acclaimed) cartoonist for over 20 years, appearing in such venues as Weirdo, Wimmen's Comix, and Drawn & Quarterly magazine. But over the years her status as a working mother has drastically curtailed her ability to set aside time for her cartooning. Thus each rare new story from her pen has been greeted with hurrahs as well they should be, because she's one of the most skillful, caustic, and emphatic cartoon storytellers of her generation. This new book presents the biggest, richest and most delightful collection of Tyler's work to date featuring many new and previously unpublished works. p.p1 {margin: 0.0px 0.0px 0.0px 0.0px; font: 13.9px Arial; color: #424242}

Living with Your Body and Other Things You Hate

In a world steeped with media images of unrealistic bodies and new diet fads, many of those at highest risk for disordered eating don't have access to accurate, straightforward information. This compelling guide to a variety of eating disorders—including anorexia nervosa, bulimia, and other lesser known ones such as pica and anorexia athletica—offers help: both in identifying anxious thoughts or habits about eating and seeking the appropriate, discrete help. A discussion of causes and consequences informs readers that while disordered eating is not their fault, they can—and must—overcome it.

Healing Eating Disorders with Psychodrama and Other Action Methods

The 10th Anniversary Edition of the book that has given hope and inspiration to thousands who are dealing with eating disorders "If you or someone you love has an eating disorder, this is the book to read." —Dr. Phil Jenni had been in an abusive relationship with Ed for far too long. He controlled Jenni's life, distorted her self-image, and tried to physically harm her throughout their long affair. Then, in therapy, Jenni learned to treat her eating disorder as a relationship, not a condition. By thinking of her eating disorder as a unique personality separate from her own, Jenni was able to break up with Ed once and for all. Inspiring, compassionate, and filled with practical exercises to help you break up with your own personal E.D., *Life Without Ed* provides hope to the millions of people plagued by eating disorders. Beginning with Jenni's "divorce" from Ed, this supportive, lifesaving book combines a patient's insights and experiences with a therapist's prescriptions for success to help you live a healthier, happier life without Ed. This 10th anniversary edition features a new afterword as well as sections devoted to family, friends, and supporters; how treatment professionals can use the book with their patients; and men with eating disorders. "Of all the great books written on eating disorders, none has had a wider reach than *Life Without Ed*. Those suffering have found connection and hope, family members have found understanding and empathy, professionals have learned from it and praised it. It will remain a classic for decades to come." —Michael E. Berrett, PhD, psychologist; CEO and cofounder of the Center for Change; coauthor of *Spiritual Approaches in the Treatment of Women with Eating Disorders* "[*Life Without Ed*] was the first [book] to teach readers that they can not only separate from their eating disorder, but also disagree with and disobey it. I wholeheartedly recommend this witty, hopeful guide to patients, carers, professionals, and anyone else who wants to understand what it's really like to live with an eating disorder and ultimately triumph over it." —Jennifer J. Thomas, PhD, assistant professor of psychology at the Harvard Medical School; co-director of the Eating Disorders Clinical and Research Program at Massachusetts General Hospital "This uplifting book's intimate inner dialogue has energized countless young women—and men—in their own recoveries from eating disorders." —Leigh Cohn, MAT, CEDS, coauthor of *Making Weight: Men's Conflicts with Food, Weight, Shape & Recovery* "Jenni is truly a remarkable woman. She unselfishly shares her struggles and triumphs in something that will probably affect all of us in one way or another in our lifetime. Her candid and inspiring story will truly help those suffering from their own "Ed." I feel privileged to know her and her story." —Jamie-Lynn Sigler, actress

Eating in the Light of the Moon

Hope, Help, and Healing for Eating Disorders

Cognitive-Behavioral Therapy (CBT) has been proven effective for treating Bulimia Nervosa and Binge Eating Disorder. However, this type of program requires at least 6 months of weekly sessions with a qualified mental health professional. If you suffer from an eating disorder and want to get treatment, but have little time to devote to therapy, a shorter, time-limited program may be right for you. This workbook outlines a Guided Self-Help (GSH) program based on the principles of CBT. Although sessions with a therapist or clinician are required, there are usually no more than 12 and each one is only 25 minutes long. You will do much of the treatment on your own using the workbook as your guide. You will learn and practice the skills you need to overcome your eating disorder and establish healthy habits, while consulting with your therapist for encouragement and support. Through daily self-

monitoring of your eating patterns, and strategies such as challenging negative thoughts and formal problem-solving, you will reduce your desire to binge and purge. GSH is hard work, but the benefits are well worth it. If you have the desire and the drive, you can use this workbook to eliminate your eating disorder once and for all. TreatmentsThatWork™ represents the gold standard of behavioral healthcare interventions! ? All programs have been rigorously tested in clinical trials and are backed by years of research ? A prestigious scientific advisory board, led by series Editor-In-Chief David H. Barlow, reviews and evaluates each intervention to ensure that it meets the highest standard of evidence so you can be confident that you are using the most effective treatment available to date ? Our books are reliable and effective and make it easy for you to provide your clients with the best care available ? Our corresponding workbooks contain psychoeducational information, forms and worksheets, and homework assignments to keep clients engaged and motivated ? A companion website (www.oup.com/us/ttw) offers downloadable clinical tools and helpful resources ? Continuing Education (CE) Credits are now available on select titles in collaboration with PsychoEducational Resources, Inc. (PER)

Intuitive Eating, 2nd Edition

Anorexia has the highest mortality rate of any mental illness. Binge-eating disorder (BED) and bulimia can also bring misery and death. Pushing the River, with its unique three-phase approach to eating, smashes the illusion of control, the power, and the lies of this deadly illness, providing a concrete plan for long-term recovery from the disease of disordered eating.

Surviving an Eating Disorder

Over the past fifteen years, there has been a great increase in the knowledge of eating disorders in sport and effective means of treatment. In this book, the authors draw on their extensive clinical experience to discuss how to identify, manage, treat, and prevent eating disorders in sport participants. They begin by examining the clinical conditions related to eating problems, including descriptions of specific disorders and a review of the relevant literature. Special attention is given to the specific gender and sport-related factors that can negatively influence the eating habits of athletes. The second half of the book discusses identification of participants with disordered eating by reviewing symptoms and how they manifest in sport; management issues for sport personnel, coaches, athletic trainers, and healthcare professionals; treatment; and medical considerations, such as the use of psychotropic medications. A list of useful resources is included in an appendix, as well as a glossary of important terms.

Hungry for Life

Let's be honest: most people are unhappy with at least some aspect of their physical appearance. Just think of all the money we spend each year trying to improve our looks! But if worrying about your appearance is getting in the way of living, maybe it's time to start thinking about body image in a completely new way. Based in proven-effective acceptance and commitment therapy (ACT), *Living with Your Body and Other Things You Hate* offers a unique approach to addressing your struggle with body image. In this book, you will not be told that your self-perceptions are wrong, that your thoughts are irrational, or that your feelings are misguided. Instead, you will learn to live with the reality that these often painful thoughts and beliefs about yourself will

arise from time to time, and that what is really important is accepting these distressing thoughts without allowing them to dominate your life. You know what it's like to constantly be checking the mirror, to avoid certain social situations where your body may be exposed, or to gaze longingly at a fashion model in a magazine and think, "Why can't I be her?" But what you may not know is that people who struggle with negative body image are at an increased risk for depression, anxiety, eating disorders, and low self-esteem. Body image problems can even lead to major financial issues. By focusing on your appearance and little else, you are hurting yourself in more ways than one. If you are ready to find a purpose in life that is more important than the pain you feel about your appearance, this book provides a truthful, powerful resource.

Cure Your Eating Disorder

Eating Disorders Anonymous: The Story of How We Recovered from Our Eating Disorders presents the accumulated experience, strength, and hope of many who have followed a Twelve-Step approach to recover from their eating disorders. Eating Disorders Anonymous (EDA), founded by sober members of Alcoholics Anonymous (AA), have produced a work that emulates the "Big Book" in style and substance. EDA respects the pioneering work of AA while expanding its Twelve-Step message of hope to include those who are religious or seek a spiritual solution, and for those who are not and may be more comfortable substituting "higher purpose" for the traditional "Higher Power." Further, the EDA approach embraces the development and maintenance of balance and perspective, rather than abstinence, as the goal of recovery. Initial chapters provide clear directions on how to establish a foothold in recovery by offering one of the founder's story of hope, and collective voices tell why EDA is suitable for readers with any type of problem eating, including: anorexia nervosa, bulimia, binge eating, emotional eating, and orthorexia. The text then explains how to use the Twelve Steps to develop a durable and resilient way of thinking and acting that is free of eating disordered thoughts and behaviors, including how to pay it forward so that others might have hope of recovery. In the second half of the text, individual contributors share their experiences, describing what it was like to have an eating disorder, what happened that enabled them to make a start in recovery, and what it is like to be in recovery. Like the "Big Book," these stories are in three sections: Pioneers of EDA, They Stopped in Time, and They Lost Nearly All. Readers using the Twelve Steps to recover from other issues will find the process consistent and reinforcing of their experiences, yet the EDA approach offers novel ideas and specific guidance for those struggling with food, weight and body image issues. Letters of support from three, highly-regarded medical professionals and two, well-known recovery advocates offer reassurance that EDA's approach is consistent with that supported by medical research and standards in the field of eating disorders treatment. Intended as standard reading for members who participate in EDA groups throughout the world, this book is accessible and appropriate for anyone who wants to recover from an eating disorder or from issues related to food, weight, and body image.

Overcoming Your Eating Disorder

Aimee Liu, who wrote *Solitaire*, the first-ever memoir of anorexia, in 1979, returns to the subject nearly three decades later and shares her story and those of the many women in her age group of life beyond this life-altering ailment. She has extensively researched the origins and effects of both anorexia and bulimia, and dispels many commonly held myths about these diseases with the persuasive conclusion that anorexia is a result of personality. Key revelations include: the temperament required for eating disorders, the long-term effects of eating disorders on health, brain function, relationships and

career, why some individuals recover while others relapse, and why many relapse in mid-life, Which treatment approaches are most successful long-term and how parents can tell if a child will be vulnerable to eating disorders. Using her own experience and the stories of many recovering anorexics she's interviewed, Liu weaves together a narrative that is both persuasive in argument and compelling in personal details.

Prime Time

"Revised and expanded with the latest information on body image, food addiction, brain science, nutrition, and more."

Eating Disorders in Sport

A nationally known lecturer recounts the story of her life-and-death struggle with bulimia and her subsequent efforts to help the growing number of Americans suffering from eating disorders

Life Beyond Your Eating Disorder

Beyond a Shadow of a Diet is the most comprehensive book available for professionals working with clients who struggle with Binge Eating Disorder, Compulsive Eating or Emotional Overeating. The authors present research revealing that food restrictions in the pursuit of weight loss actually trigger and sustain overeating. Next, they offer step-by-step guidelines to help clients end the diet mentality and learn an internally-based approach known as attuned eating. Divided into three sections—The Problem, The Treatment and The Solution—this engaging book contains chapters filled with compelling case examples, visualizations and other exercises so that therapists can deepen their knowledge and skills as they help clients gain freedom from preoccupation with food and weight. In addition to addressing the symptoms, dynamics and treatment of eating problems, Beyond a Shadow of a Diet presents a holistic framework that goes well beyond the clinical setting. This invaluable resource includes topics such as the clinician's own attitudes toward dieting and weight; cultural, ethical and social justice issues; the neuroscience of mindfulness; weight stigma; and promoting wellness for children of all sizes. Drawing from the Health At Every Size paradigm—and the wealth of research examining the relationship between dieting, weight and health—Beyond a Shadow of a Diet offers both therapists and their clients a positive, evidence-based model to making peace with food, their bodies and themselves.

I Have an Eating Disorder. Now What?

Full recovery from an eating disorder is possible. Despite what you may have been led to believe, most people with anorexia, bulimia, or binge eating disorder are able to completely restore their health and well-being. But how does this happen? Author Aimee Liu has woven together dozens of first-person accounts of recovery to create a break-through roadmap for healing from an eating disorder. Restoring Our Bodies, Reclaiming Our Lives answers key questions including: How does healing begin? What does it feel like? What supports and accelerates it? Will I ever be free of worry about a relapse? Throughout the book are informative sidebars written by leading professionals in the field, addressing essential topics such as finding the right therapist, the

use of medications, exploring complementary treatments, and how family members can help. Learn more at the author's website: www.aimeeliu.net.

Integrated Treatment of Eating Disorders

Teaches women to free themselves from eating disorders by finding the metaphors hidden in their own life stories

Embodiment and the Treatment of Eating Disorders: The Body as a Resource in Recovery

Eating disorders—including anorexia, bulimia, and compulsive overeating—are among the most painful and difficult illnesses a person can face. Sufferers know firsthand the confusion and agony these illnesses can bring. They also know how it feels to long for hope—and to wonder if victory can ever be achieved. The truth is, eating disorders affect the whole person. Yet treatments often focus on emotional issues alone. In this powerful book for individuals who suffer from eating disorders and those who love them, Dr. Gregg Jantz fills in the gaps left by traditional treatment programs, tackling not only the emotional, but also the crucial and all-too-often ignored relational, physical, and spiritual dimensions of healing. Outlining a comprehensive, holistic, and practical approach, *Hope, Help, and Healing for Eating Disorders* brings spiritual, relational, and physical elements back into the healing process. Described by best-selling author and physician Lendon Smith, author of *Feed Your Kids Right*, as “the most helpful book on eating disorders there is,” this book will, with God’s help and grace, lead readers out of their bondage to eating disorders and permanently transform lives.

Eating Disorders Anonymous

Starvation eating disorders such as anorexia not only affect your body, but also take a devastating toll on your mind. Constantly feeling anxious about your weight, your appearance, and your self-worth can leave you mentally exhausted. And no matter how thin you become, it's impossible to be happy when you are controlled by anxious and obsessive thoughts. If you're ready to stop letting your eating disorder run your life, *Feeding the Starving Mind* can help. As you work through the program in this book, you'll discover the source of your eating disorder, identify the compulsive thoughts that contribute to it, and take steps toward developing a healthy relationship with food and exercise. •Develop a personal eating disorder profile•Learn how to eat without purging and restore your weight •Learn cognitive behavior therapy skills for managing weight-related anxiety and fear•Create a treatment plan to restore your health and happiness•Keep destructive thoughts and patterns of behavior from coming back

The Internet in the Arab World

In this painfully moving memoir, take a firsthand look at anorexia through the eyes of a young girl. Even in kindergarten, Rachel Richards knows something isn't right. By leading us through her distorted thoughts, she shines a light on the experience and mystery of mental illness. As she grows up, unable to comprehend or communicate her inner trauma, Rachel lashes out, hurting herself, running away from home, and fighting her family. Restricting food gives her the control she craves. But after being hospitalized and force-fed, Rachel only retreats further into herself. With a driving perfectionism, she

graduates college with honors. But at sixty-nine pounds, Rachel is a shell of nervous and obsessive behaviors that have controlled her life. Years of self-harm and self-loathing have fueled the inner battles between good and evil, health and sickness, and life and death. Acting on stage offers her moments of freedom from the skewed perceptions she's constructed over the years. But her dream of a career in theater is not enough to save her. What is the secret that will finally unleash her will to recover?

The Recovery Mama Guide to Your Eating Disorder Recovery in Pregnancy and Postpartum

Binge Eating Disorder, written by a clinician and an advocate who have personally struggled with Binge Eating Disorder (BED), illuminates the experience of BED from the patient perspective while also exploring the disorder's etiological roots and addressing the components of treatment that are necessary for long-term recovery. Accessible for both treatment providers and patients alike, this unique volume aims to explore BED treatment and recovery from both sides of the process while also providing a resource for structuring treatment and building effective interventions. This practical roadmap to understanding, resilience, and lasting change will be useful for anyone working clinically with or close to individuals suffering from BED, as well as those on the recovery journey.

When Your Teen Has an Eating Disorder

Psychodrama and other action methods are especially helpful in the treatment of the classic eating disorders as well as dieting struggles, body dissatisfaction and associated issues of fear, sadness, silence and shame. This book provides clinicians with sound theoretical information, practical treatment guidelines and a wealth of clinically-tested action structures and interventions. The authors describe how they have introduced action methods to work with a diverse range of clients, and suggest ways in which psychodrama practitioners, experiential therapists and others may integrate these methods into their practice. Offering fresh ideas for tailoring psychodramatic standards such as The Living Newspaper, Magic Shop and the Social Atom to eating disorder issues, they provide extensive examples of psychodrama interventions - classic and specially adapted for eating disorders - for both the experienced practitioner and those new to experiential therapies. They also explain how psychodrama can be used in combination with other expressive, holistic and complementary approaches, including family constellations, music, art, imagery, ritual, Five Element Acupuncture, yoga, Reiki and other energy work. This pioneering book is essential reading for practitioners and students of psychodrama, drama therapy, experiential psychotherapy, cognitive and expressive arts therapies and mental health professionals, as well as professionals interested in complementary health modalities.

Beyond a Shadow of a Diet

Tackling the issue in a systematic, scientific manner, this book also examines Islamic online communications, online censorship, and Internet use by the civic society as an alternative channel for its mostly oppressed voices.

Binge Eating Disorder

Living Beyond the Waves is a poetry collection unlike any other. It contains poems that are part memoir and part journey towards acceptance. They are Wolf's attempt to find a life beyond disease or disability. The poems contained within deal with Wolf accepting all part of himself, even those he has no control over. They are a testament to the strength of the human spirit. The poems show us that whatever life throws at us, with courage anything is possible. With unflinching honesty, Wolf talks about disease, sexuality, physical disability and the healing power of love.

Restoring Our Bodies, Reclaiming Our Lives

The upheaval of pregnancy and new motherhood can often trigger a relapse for women recovering from eating disorders, or contribute to their development. This book supports pregnant women and new mothers struggling with changing body image, eating disorders, postpartum depression or perinatal anxiety. Many of the emotional challenges of recovering from an eating disorder - isolation, perfectionism and identity issues - are compounded during pregnancy or early motherhood, when women also have to tackle hormone fluctuations, food cravings and perceived pressures to lose baby weight. The author combines friendly, non-judgmental advice and professional expertise with candid personal experience. She offers recovery tools, support strategies and realistic advice on how to make time for self-care while navigating the chaos of sleep deprivation and feeding schedules. Most importantly, this book will help women let go of social and self-imposed pressures, and embrace being good enough during the massive learning curve of new motherhood.

Sick Enough

Tools for the clinician to help clients turn their bodies into resources for healing from eating disorders. Embodiment refers to the lived attunement of the inner and outer experience of self. Cognitions are aligned with the sensing and feeling body. Further, in an attuned experience of self, positive embodiment is maintained by internally focused tools, such as self-care practices that support physiological health, emotional well-being, and effective cognitive functioning. For those who suffer from eating disorders, this is not the case; in fact, the opposite is true. Disordered thinking, an unattuned sense of self, and negative cognitions abound. Turning this thinking around is key to client resilience and treatment successes. Catherine Cook-Cottone provides tools for clinicians working with clients to restore their healthy selves and use their bodies as a positive resource for healing and long-term health. The book goes beyond traditional treatments to talk about mindful self-care, mindful eating, yoga, and other practices designed to support self-regulation.

Midlife Eating Disorders

Covers bias in the medical community, selection of health care providers, anatomy, menstrual health, contraception, pregnancy, mental health, fitness, nutrition, and common diseases.

Portfolio of hope

If your teen has an eating disorder—such as anorexia, bulimia, or binge eating—you may feel helpless, worried, or uncertain about how you can best support

them. That's why you need real, proven-effective strategies you can use right away. Whether used in conjunction with treatment or on its own, this book offers an evidence-based approach you can use now to help your teen make healthy choices and stay well in body and mind. When Your Teen Has an Eating Disorder will empower you to help your teen using a unique, family-based treatment (FBT) approach. With this guide, you'll learn to respectfully and lovingly oversee your teen's nutritional rehabilitation, which includes helping to normalize eating behaviors, managing meals, expanding food flexibility, teaching independent and intuitive eating habits, and using coping strategies and recovery skills to prevent relapse. In addition to helping parents and caregivers, this book is a wonderful resource for mental health professionals, teachers, counselors, and coaches who work with parents of and teens with eating disorders. It clearly outlines the principles of FBT and the process of involving parents collaboratively in treatment. As a parent, feeding your child is a fundamental act of love—it has been from the start! However, when a child is affected by an eating disorder, parents often lose confidence in performing this basic task. This compassionate guide will help you gain the confidence needed to nurture your teen and help them heal.

Empty

"The feeling was electric-energy humming through my body. I felt like blood was pouring into areas of my tissues that it had not been able to reach for some time. It was relieving and healing, subtler than the feeling from getting off on drugs, but it was detectable and lovely, and of course, there was no hangover, just a feeling of more ease than I could remember. I felt a warmth come over me similar to what I felt when I had done heroin, but far from the darkness of that insanity, this was pure light—a way through." - Tommy Rosen, on his first yoga experience

Most of us deal with addiction in some form. While you may not be a fall-down drunk, anorexic, or a gambling addict, you likely struggle with addiction in other ways. Workaholism, overeating, and compulsively engaging with technology like video games, texting, and Facebook are also highly common examples. And if you don't suffer from addiction, chances are you know someone who does. Through more than 20 years of recovery and in working professionally with others, Tommy Rosen has uncovered core elements of recovery and healing, what he refers to as Recovery 2.0. In the book, he shares his own past struggles with addiction, and powerful, tested tools for breaking free from the obstacles that stand in the way of a holistic and lasting recovery. Building off the key tenets of the 12-Step program, he has developed an innovative approach that includes • Looking at the roots of addiction; your family history and "Addiction Story" • Daily breathing practices, meditation, yoga, and body awareness • A healthy, alkaline-based diet to aid with detox, boost immunity, increase vitality, support your entire recovery, and help prevent relapse • Discovering your mission, living on purpose, and being of service to others

Recovery 2.0 will help readers not only release their addictions, but thrive in their recovery.

Living Beyond the Waves

Explores the nature of midlife eating disorders, looking at why they develop, how their unique challenges set them apart from those that occur earlier in life, and the path to recovery.

Life Without Ed

We've all been there-angry with ourselves for overeating, for our lack of willpower, for failing at yet another diet that was supposed to be the last one. But the problem is not you, it's that dieting, with its emphasis on rules and regulations, has stopped you from listening to your body. Written by two prominent nutritionists, Intuitive Eating focuses on nurturing your body rather than starving it, encourages natural weight loss, and helps you find the weight you were meant to be. Learn: *How to reject diet mentality forever *How our three Eating Personalities define our eating difficulties *How to feel your feelings without using food *How to honor hunger and feel fullness *How to follow the ten principles of Intuitive Eating, step-by-step *How to achieve a new and safe relationship with food and, ultimately, your body With much more compassionate, thoughtful advice on satisfying, healthy living, this newly revised edition also includes a chapter on how the Intuitive Eating philosophy can be a safe and effective model on the path to recovery from an eating disorder.

Hope, Help & Healing for Eating Disorders

Skills-based Learning for Caring for a Loved One with an Eating Disorder equips carers with the skills and knowledge needed to support and encourage those suffering from an eating disorder, and to help them to break free from the traps that prevent recovery. Through a coordinated approach, this book offers information alongside detailed techniques and strategies, which aim to improve professionals' and home carers' ability to build continuity and consistency of support for their loved ones. The authors use evidence-based research and personal experience, as well as practical support skills, to advise the reader on a number of difficult areas in caring for someone with an eating disorder. These include: working towards positive change through good communications skills developing problem solving skills building resilience managing difficult behaviour. This book is essential reading for both professionals and families involved in the care and support of anyone with an eating disorder. It will enable the reader to use the skills, information and insight gained to help change eating disorder symptoms.

All about Eve

Determine if your eating behaviors are a problem, develop strategies to change unhealthy patterns, and learn when and how to get professional help when needed with this practical, engaging guide to taking care of yourself when you are not a full-blown anorexic. Millions of men and women struggle with disordered eating. Some stand at the mirror wondering how they can face the day when they look so fat. Others binge, purge, or exercise compulsively. Many skip meals, go on diet after diet, or cut out entire food groups. Still, they are never thin enough. While only 1 in 200 adults will struggle with full-blown anorexia nervosa, at least 1 in 20 (including 1 in 10 teen girls) will exhibit key symptoms of one or more of the officially recognized DSM eating disorders--anorexia nervosa, bulimia nervosa, and binge eating disorder. Many suffer from the effects but never address the issue because they don't fully meet the diagnostic criteria. If this is the case for you, then you may be "almost anorexic." Drawing on case studies and the latest research, Almost Anorexic combines a psychologist's clinical experience with a patient's personal recovery story to help readers understand and overcome almost anorexia. Almost Anorexic will give you the skills to: Understand the symptoms of almost anorexic; Determine if your (or your loved one's) relationship with food is a problem; Gain insight on how to intervene with a loved one; Discover scientifically proven strategies to change unhealthy eating patterns; Learn when and how to get professional help when it's needed.

Not Your Mother's Diet

There is life beyond your eating disorder—and you deserve to enjoy every minute of it. Johanna S. Kandel, founder and executive director of The Alliance for Eating Disorders Awareness, struggled with her eating disorder for ten years before finally getting help. Now fully recovered, Kandel knows firsthand how difficult the healing process can be. Through her work with The Alliance—leading support groups, speaking nationwide and collaborating with professionals in the field—she's developed a set of practical tools to address the everyday challenges of recovery.

RECOVERY 2.0

In her work treating eating disorder sufferers Dr Irina Webster came to the unique discovery: by directing the sufferer's attention away from food, weight and body image, they can learn to focus on positive eating habits and overcome destructive negative thoughts. Doing this the eating disorder sufferer was able to make permanent changes to their own neuronal pathways. In this book Dr Webster describes the 5 steps process that can bring relief to thousands of eating disorders sufferers by using the power of neuroplasticity to change the way they feel, act and think.

Healing Your Hungry Heart

Patients with eating disorders frequently feel that they aren't "sick enough" to merit treatment, despite medical problems that are both measurable and unmeasurable. They may struggle to accept rest, nutrition, and a team to help them move towards recovery. Sick Enough offers patients, their families, and clinicians a comprehensive, accessible review of the medical issues that arise from eating disorders by bringing relatable case presentations and a scientifically sound, engaging style to the topic. Using metaphor and patient-centered language, Dr. Gaudiani aims to improve medical diagnosis and treatment, motivate recovery, and validate the lived experiences of individuals of all body shapes and sizes, while firmly rejecting dieting culture.

Making Peace with Your Plate

Although eating disorders are usually talked about as diseases of the young, 1 in 5 women of all ages in the U. S. suffers from one. Now psychotherapist Joanna Poppink offers healing and recovery for women 30, 40, 50 or beyond. Her step-by-step program helps you identify early warning signs of an eating disorder, common pitfalls of recovery, your triggers, and the effect the disorder is having on your health and relationships. Then, she steers you toward healing.

Gaining

"Susan Burton is ready to come clean. Happily married with two children, working at her dream job, she has lived a secret life of compulsive eating and starving for twenty-five years. This is a relentlessly honest, fiercely intelligent narrative of living with binge-eating disorder. When Burton was thirteen, her

stable life in suburban Michigan was turned upside down by her parents' abrupt, hostile divorce, and she moved to Colorado with her mother and sister. She seized on this move west as an adventure and an opportunity to reinvent herself from middle-school nerd to popular teenage girl. But she hadn't escaped unscathed, and in the fallout from her parents' breakup--including her mother's intensifying alcoholism--an inherited fixation on thinness went from "peculiarity to pathology." She entered into a painful cycle of anorexia, or "iron purity" and feral binge eating that formed the subterranean layer of her sunny life. This is the story not only of loosening the grip of her compulsion but of moving past her shame and learning to tell her secret. In tart, soulful prose Susan Burton strikes a blow for the importance of women's stories, brings to life an indelible cast of characters and tells a story of exhilaration, longing, compulsion and hard-earned self-revelation"--

Feeding the Starving Mind

Your answer is always within your question. Dr. Fuller teaches you to ask the right question for your diet & body image success.

Almost Anorexic

"In this comprehensive book, Dr. Kathryn Zerbe provides guidance to clinicians by skillfully modeling an approach informed by clinical practice and the empirical literature. Zerbe is recognized as a leader in the field of eating disorders."--Kamryn T. Eddy, PhD, Department of Psychiatry Massachusetts General Hospital and Harvard Medical School

Skills-based Learning for Caring for a Loved One with an Eating Disorder

Case studies provide examples of the psychological components of eating disorders and how family members and friends can help.

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