

Recommended Resources and Suggested Readings

National Eating Disorder Association

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

Something Fishy: Website on Eating Disorders

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

National Institute of Mental Health

<http://www.nimh.nih.gov/health/topics/eating-disorders/index.shtml>

Families Empowered and Supporting Treatment of Eating Disorders

<http://www.feast-ed.org/>

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

Jenny Schaeffer, Thom Rutledge

Gaining: The Truth About Life After Eating Disorders

Aimee Liu

Nourishing Your Daughter: Help Your Child Develop a Healthy Relationship with Food and Her Body

Carol Beck

Your Dieting Daughter: Is She Dying for Attention

Carolyn Costin

The Parent's Guide to Childhood Eating Disorders

Marcia Herrin and Nancy Matsumoto

When Food is Family: A Loving Approach to Heal Eating Disorders

Judy Scheel

Perfect Girls, Starving Daughters

Courtney E Martin

Why She Feels Fat: Understanding Your Loved One's Eating Disorder and How You Can Help

Johanna Marie McShane and Tony Paulson