

# Resources to Support Eating Disorder Recovery



Finding credible resources for eating disorder recovery can be quite difficult. Below you will find a list of resources to help you on your recovery journey in addition to your sessions with your eating disorder treatment team.

## Books

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

Jenni Schaefer & Thom Rutledge

Sick Enough: A Guide to the Medical Complications of Eating Disorders

J.L. Gaudiani

Crave: Why you Binge Eat and How to Stop

Cynthia M. Blulik

Making Weight: Healing Men's Conflicts with Food, Weight, Shape & Appearance

Arnold E. Anderson, Leigh Cohn, Thomas Holbrook

The Wellness Trap

Christy Harrison

Anti Diet

Christy Harrison

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

Anita Johnson

Body Respect: What Conventional Health Books Get Wrong, Leave Out, and Just Plain Fail to Understand about Weight

Lindo Bacon & Lucy Aphramor





## Workbooks

Finding Your Voice Through Creativity: The Art and Journaling Workbook for Disordered Eating

Mindy Jacobson-Levy & Maureen Foy-Tornay

The Dialectical Behavior Therapy Skills Workbook for Bulimia: Using DBT to Break the Cycle and Regain Control of Your Life

Ellen Astrachan-Fletcher & Michael Maslar

The Body Image Workbook: An Eight-Step Program for Learning to Like Your Looks

Thomas Cash PhD



## Podcasts

Food Psych Podcast

Christy Harrison, MPH, RD, CDN

Eating Disorder Recovery Podcast

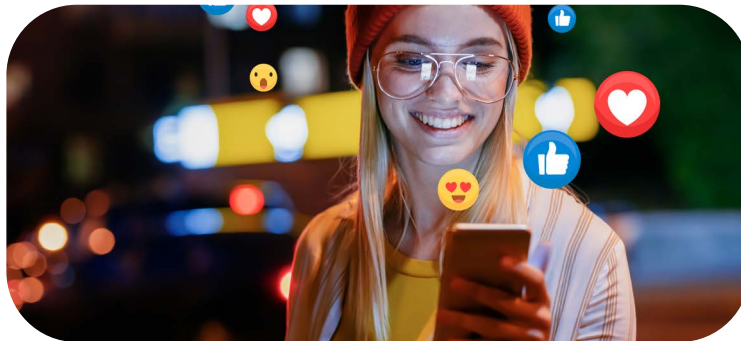
Dr. Janean Anderson

Dietitians Unplugged

Aaron Flores, RD & Glenys Oyston, RD

Body Kindness

Rebecca Scritchfield



## Positive Instagram Contributors

Ashlee Bennett, Body Image  
Therapist & Counselor

@bodyimage\_therapist

Lauren Cadillac, Registered Dietitian

@feelgooddietitian

Christy Harrison, Registered Dietitian &  
FoodPsych Podcast Host

@chr1styharrison

Marci Evans, Registered Dietitian

@marcird

Bonnie Roney, Registered Dietitian

@dietculturerebel

Aaron Flores, Registered Dietitian &  
Advocate for Males

@aaronfloresrdn





**For the Family:** *Family support is so important during one's eating disorder recovery journey. However, you are not expected to have all of the answers. Below you will find a list of resources to use and learn from during this time.*

## Books

Your Dieting Daughter: Antidotes Parents can Provide for Body Dissatisfaction, Excessive Dieting and Disordered Eating

[Carohyn Costin](#)

Healthy Body Image: Teaching Kids to Eat and Love Their Bodies Too!

[Kathy Kater](#)

## Podcasts

New Plates: Eating Disorders and Parents

[Laura Collins Lyster-Mensh](#)

Don't Salt my Game

[Laura Thomas](#)

