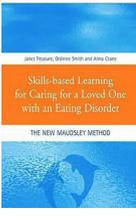
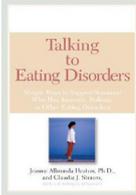
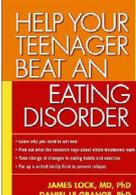
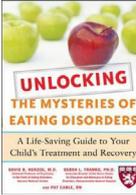


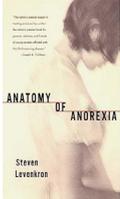
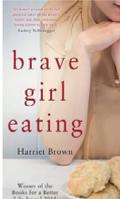
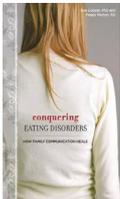
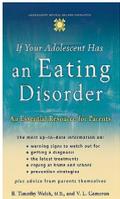
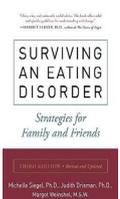
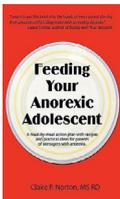
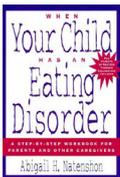
Suggested reading for family and friends

Below is a list of books which are recommended by EDV staff to assist those family and friends who are helping their loved one recover from an eating disorder. The list is by no means exhaustive, but is designed to assist you to get started on the road to discovering books best suited to your own circumstances.

These books and many more are all available via the Bookshop on the EDV website at www.eatingdisorders.org.au/ books, or most are available to borrow from our library if you are a member of EDV.

N.B. The books below are NOT recommended for people still struggling with an eating disorder.

	<p><i>Skills based learning for caring for a loved one with an eating disorder</i> Author: Janet Treasure et al</p> <p>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.</p> <p>This book is recommended reading prior to attending EDV's Building Hope workshop.</p>
	<p><i>Talking to eating disorders: simple ways to support someone who has anorexia, bulimia, or other eating disorders</i> Authors: Jeanne Heaton, Claudia Strauss</p> <p>What to say-and what not to say-when a friend or family member has an eating disorder.</p>
	<p><i>Help your teenager beat an eating disorder</i> Authors: Daniel Le Grange, James Lock</p> <p>Provides the tools you need to build a united family front that attacks your child's eating disorder, to ensure that they develop nourishing eating habits and life-sustaining attitudes, day by day, meal by meal.</p>
	<p><i>Breaking free from anorexia nervosa</i> Author: Janet Treasure</p> <p>This book includes sections for parents and other carers alongside a section for the person with anorexia.</p>
	<p><i>Unlocking the mysteries of eating disorders</i> Authors: Herzog, Franko and Cable</p> <p>This insightful and comforting guide, written by two internationally known experts, shatters the myths, mysteries, and misconceptions surrounding eating disorders.</p>

	<p><i>Anatomy of anorexia</i> Author: Steven Levenkron</p> <p>Discusses origins, stages and treatment of anorexia and the role family can play in recovery.</p>
	<p><i>Brave girl eating</i> Author: Harriet Brown</p> <p>An inspirational story of a courageous family struggling to help their teenage daughter recover from anorexia using Maudsley Approach. The author also incorporates clinical research findings from the field of eating disorders.</p>
	<p><i>Biting the hand that starves you</i> Authors: Maisel, Epston and Borden</p> <p>This book is great to understand the need to separate the illness from the person and to understand the thinking processes of someone with anorexia or bulimia.</p>
	<p><i>Conquering eating disorders: how family communication heals</i> Author: Sue Cooper</p> <p>Aims to bridge the gap between the statistics and the real-life issues to help teens and parents gain the communication skills necessary to support the healing process.</p>
	<p><i>If your adolescent has an eating disorder: an essential resource for parents</i> Author: B. Timothy Walsh</p> <p>This is an authoritative guide to understanding and helping a teenager with anorexia nervosa or bulimia nervosa.</p>
	<p><i>Surviving an eating disorder: strategies for family and friends</i> Author: Michelle Siegel</p> <p>Revised edition of a classic book, containing information on what methods and practices work best for families, helping readers take new actions that will encourage the recovery process.</p>
	<p><i>Feeding your anorexic adolescent</i> Author: Claire P. Norton</p> <p>This book is an action plan for parents of children suffering from anorexia. It is a resource for parents who are desperate to know what to do right now, at this meal, at the next meal, and then again tomorrow.</p>
	<p><i>When your child has an eating disorder</i> Author: Abigail Natenshon</p> <p>Hands-on workbook to help parents successfully intervene when they suspect their child has an eating disorder.</p>