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Sorry I didn't think it was spam to tell people rating a thread about eating disorders on Goodreads that there is now a group here ON GOODREADS where people can talk about eating disorder recovery and read eating disorder recovery books together, such as many of the books on this list doesn't seem like spam to me at all.

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10 Eating Disorder Books That Hit The Mark During NEDA

It's alarming when you hear the stat that more than 24 million Americans are living with eating disorders so when National Eating Disorders Awareness Week comes around, it's important to reach

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Books on Eating Disorders Recovery Treatment

Eating Disorder Hope offers free information on body image, anorexia, bulimia, and binge eating disorders. Recovery resources, self help tools, and treatment centers - Eating Disorder Hope. Recovery resources, self help tools, and treatment centers - Eating Disorder Hope.

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7 Powerful Books About Eating Disorders Bookstr

The 2009 book chronicles Hornbacher's journey to the "dark" side and her way back -- on her own terms. 2.

Wintergirls, Laurie Halse Anderson. Laurie Halse Anderson masterfully covers some of the darkest, hushed events of life, such as rape, mental illness, eating disorders, and self harm, in an way that educates and informs young readers.

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eBooks com Eating Disorders eBooks

First published in 1995, Intuitive Eating has become the go-to book on rebuilding a healthy body image and making peace with food. We've all been there angry with ourselves for overeating, for our lack of willpower, for failing at yet another diet.

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Books The Emily Program

The book is designed to be a resource for parents and caregivers of teens with eating disorders as well as the mental health professionals, teachers, counselors, and coaches who work with them, clearly outlining the principles of FBT and the process of involving parent collaboratively in treatment. By Dr. Lauren Muhlheim.

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McCallum Place Eating Disorder Treatment Recovery Books

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.

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Eating Disorder Book Reviews Beat

Beat reviews non-fiction books that could be useful to people with eating disorders or supporting someone with an eating disorder, including autobiographies, self-help manuals, and cookery books.

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