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I read this book during the beginning of my eating disorder recovery, and found it to be uplifting. It offers a lot of practical tools for navigating recovery, and also details the recovery story of its author. This is a great book for those early on in their journeys, or who want to find some renewed 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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Of course, while books about eating disorders can be helpful and therapeutic, if you or someone you know is suffering from disordered eating or any related disorders, please get help beyond the written word. If you are in the U.S., the contact helpline for the National Eating Disorder Association is (800) 931-2237.

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National Centre for Eating Disorders Books

Counselling for Eating Disorders by Sara Gilbert, Sage Publications. Sara is an experienced eating disorder clinician writing mainly for professionals about the eating disorders and their treatment. This guide gets right to the heart of what an eating disorder means and what can be done.

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Eating Disorder Books Caring Online

Talking to Eating Disorders: Simple Ways to Support Someone Who Has Anorexia, Bulimia, or Other Eating Disorders. by Heaton, Strauss. This compassionate guide offers ways to tackle the tough topics of body image, media messages, physical touch, diets, and exercise-along with a special section on talking about these issues with children.

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Top 10 Books Binge Eating Eating Disorders Victoria

The Eating Disorders Foundation of Victoria (EDV) is the primary source of support, information, community education and advocacy for people with eating

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My Favorite Eating Disorders Books Dr Kylie Dennis PhD LCSW

Eating Disorders Resource Catalog is a website listing high quality resources related to eating disorders and has a comprehensive list of the best books available.

<http://ebookslibrary.club/My-Favorite-Eating-Disorders-Books-Dr--Kylie-Dennis-PhD-LCSW.pdf>

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eating disorders, in psychology, disorders in eating patterns that comprise four categories: anorexia nervosa, bulimia, rumination disorder, and pica.

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