

## Recommended Reading

Books can be a useful form of self-help treatment, a way of helping family or friends understand what you are struggling with, or a helpful adjunct to therapy. Below we have listed some books which you might find helpful in your journey to recovery.

### Eating Disorder Self Help Books

Bulimia, Binge-Eating and their Treatment - *Professor J Hubert Lacey, Dr Bryony Bamford, Amy Brown*

Beating Your Eating Disorder: A Cognitive-Behavioral Self-Help Guide for Adult Sufferers and their Carers - *Glenn Waller, Victoria Mountford, Rachel Lawson, Emma Gray, Helen Cordery, Hendrik Hinrichsen*

Overcoming Binge Eating - *Christopher Fairburn*

The Dialectical Behaviour Therapy Skills Workbook for Bulimia - *Ellen Astrachan-Fletcher & Michael Maslar*

The Compassionate Mind Approach to Beating Overeating - *Ken Goss*

Getting Better Bite by Bite - A survival kit for sufferers of bulimia nervosa and binge eating disorder - *Ulrike Schmidt, Janet Treasure & June Alexander*

Overcoming Anorexia Nervosa, A self-help guide using Cognitive Behavioural Techniques - *Christopher Freeman*

Skills-based Learning for Caring for a Loved One with an Eating Disorder - *Janet Treasure, Grainne Smith and Anna Crane*

Anorexia nervosa, a survival guide for families, friends and sufferers - *Janet Treasure*

Eating Disorders A Parents' Guide, from the Great Ormond Street Hospital Eating Disorders Clinic - *Rachel Bryant-Waugh and Bryan Lask*

Anorexia and Bulimia in the Family - *Grainne Smith*

Biting the Hand that Starves you: inspiring resistance to anorexia/bulimia - *Richard Maisel, David Epston and Alisa Borden*

### Eating Disorder Biographies

Unbearable Lightness – *Portia de Rossi*

Goodbye ED Hello Me – *Jenni Schaefer*

An apple a day – Emma Woolf

Hungry – Crystal Renn

### **Blogs on eating disorders**

Emily Troscianko (blogs for psychology today)

Stacey Rosenfeld

EatingDisordersBlogs.com

Carrie Arnold – E D Bites

People may also receive help/advice from **B-eat (National Eating Disorder Association)**  
[www.b-eat.co.uk](http://www.b-eat.co.uk)

### **Body Image Self -help books**

The Body Image Workbook: An 8-Step Program for Learning to Like Your Looks - *Thomas F. Cash*

Overcoming body image problems including body dysmorphic disorder – *David Veale, Rob Wilson, Alex Clarke*

Feeling good about the way you look: A program for overcoming body image problems - *Sabine Wilhelm*

The Broken Mirror: Understanding and Treating Body Dysmorphic Disorder - *Katharine Phillips*

Understanding Body Dysmorphic Disorder: An Essential Guide - *Katharine Phillips*

Overcoming Body Dysmorphic Disorder: A Cognitive Behavioral Approach to Reclaiming Your Life - *Fugen Neziroglu*

The BDD Workbook: Overcome Body Dysmorphic Disorder and End Body Image Obsessions - *James Claiborn and Cherry Pedrick*

Body Image Problems & Body Dysmorphic Disorder: The Definitive Treatment and Recovery Approach (Pulling the Trigger), *Chloe Catchpole, Lauren Callaghan, and Annemarie O'Connor*

The Adonis Complex: How to Identify, Treat and Prevent Body Obsession in Men and Boys: The Secret Crisis of Male Body Obsession - *Harrison Pope, Katharine Phillips & Roberto Touchstone*

## Other useful books

Breaking Free: Help for Survivors of Child Sexual Abuse - *Carolyn Ainscough & Kay Toon*

The Compassionate Mind - *Paul Gilbert*

Overcoming Low Self-Esteem Self-help Course - *Melanie Fennel*

Depression: The Way out of your Prison - *Dorothy Rowe*

Overcoming Depression. A Five Areas Approach - *Christopher Williams*

The Mindful Way Through Depression (includes CD of mindfulness practices) - *Mark Williams*

Overcoming Perfectionism - *Ros Shafran*

The Anxiety and Phobia Workbook - *Edmund J Bourne*

Overcoming Social Anxiety: A self-help Guide to Using Cognitive Behavioural Techniques -  
*Gillian Butler*

Overcoming Obsessive Thoughts – *David Clarke*

Getting over OCD – *Jonathan Abramowitz*

Overcoming Obsessive Compulsive Disorder – *David Veale and Rob Wilson*

Managing Intense Emotions and Overcoming Self-Destructive Habits: A Self-Help Manual -  
*Lorraine Bell*

Skills Training Manual for Treating Borderline Personality Disorders - *Marsha M Linehan*