

Resources: Books

When Your Child Has an Eating Disorder

Health Education Center, & Eating Disorders Institute. (1999). *“How did this happen?” A practical guide to understanding disorders—for teachers, parents and coaches.* Minneapolis, MN: Institute for Research and Education, HealthSystem Minnesota.

Herrin, M., & Matsumoto, N. (2007). *The parent’s guide to eating disorders: Supporting self-esteem, healthy eating, & positive body image at home* (2nd ed.). Carlsbad, CA: Gürze.

Katzman, D. K., & Pinhas, L. (2005). *Help for eating disorders: A parent’s guide to symptoms, causes & treatments.* Toronto: Robert Rose.

Lock, J., & Le Grange, D. (2005). *Help your teen beat an eating disorder.* New York: Guilford.

Natenshon, A. H. (1999). *When your child has an eating disorder: A step-by-step workbook for parents and other caregivers.* San Francisco: Jossey-Bass.

Treasure, J. (1997). *Anorexia nervosa: A survival guide for families, friends and sufferers.* East Sussex, UK: Psychology Press.

Prevention

Berg, F. M. (2001). *Children and teens afraid to eat: Helping youth in today’s weight-obsessed world* (3rd ed.). Hettinger, ND: Health Weight Network.

Kater, K. (2004). *Real kids come in all sizes: 10 essential lessons to build your child’s body esteem.* New York: Broadway Books.

Neumark-Sztainer, D. (2005). *“I’m, like, so fat!” Helping your teen make healthy choices about eating and exercise in a weight-obsessed world.* New York: Guilford.

Consult Gurze Books A comprehensive catalog of eating disorder books and other resources (list link)