



### PODCASTS

Eating Disorders Recover Podcast with Tabitha Farrar

Fear Less with Jessica Flint (The Recovery Warrior Show)

Food Psych Podcast with Christy Harrison

On Being with Krista Tripett

10 Percent Happier (The Anti -Diet with Evelyn Tribole from 12/23/20)

Body Kindness with Rebecca Scritfield, RDN

The Love Food Podcast with Julie Duffy Dillon, RDN

Maintenance Phase with Aubrey Gordon and Michael Hobbes

### BOOK RECOMMENDATIONS

If you are located in Bozeman, please consider ordering books from Country Bookshelf, located in downtown Bozeman. You can find many of our recommended readings on their website: <https://www.countrybookshelf.com/wishlist/604> or in the store.

### EATING DISORDER RELATED GENERAL READING

*Eating in the Light of the Moon: How Women Can Transform Their Relationship with Food Through Myths, Metaphors, and Storytelling* (2000) by Anita Johnston

*Binge Eating Disorder: The Journey to Recovery and Beyond* by Amy Pershing and Chevese Turner

*Nourish* by Heidi Schauster

*Decolonizing Wellness: A QTBIPOC-Centered Guide to Escape the Diet Trap, Heal Your Self-Image, and Achieve Body Liberation* by Dalia Kingsley, RD, LD

*The Body is not an Apology: The Power of Radical Self Love* (2018) by Sonja Renee Taylor

*Life Without Ed: How One Woman Declared Independence from Her Eating Disorder and How You Can Too* (2003) by Jenni Schaefer and Thom Rutledge

*Goodbye Ed, Hello Me: Recover from Your Eating Disorder and Fall in Love with Life* (2009) by Jenni Schaefer

*8 Keys to Recovery from an Eating Disorder* (2011) by Carolyn Costin and Gwen Shubert Grabb

*The Picky Eater's Recovery Book (Overcoming Avoidant/Restrictive Food Intake Disorder)* by Jennifer J. Thomas, Kendra R. Becker, Kamryn T. Eddy

### **For SPOUSES/PARTNERS**

*Eating Disorders and Marriage: The Couple in Focus* (1993) by D. Blake Woodside

*Honey Does This Make My Butt Look Big?* (2005) by Lydia Hanich

*Eve's Apple* (1998) by Jonathan Rosen (fiction, about a man in love with a woman with an eating disorder, helpful in relating to issues that come up in relationships)

*The Body Myth* (2005) by Margo Maine and Joe Kelly

*Non-Violent Communication: A Language for Life* (2003) by Marshall Rosenberg and Arun Ghandi

*What We Don't Talk About When We Don't Talk About Fat* by Aubrey Gordon

### **For PARENTS and FAMILY MEMBERS of Teens or Tweens**

About Emotion Focused Family Therapy:

*Emotion Focused Family Therapy with Children and Caregivers: A Trauma-Informed Approach* by Mirisse Foroughe

*What to Say to Kids When Nothing Seems to Work: A Practical Guide for Parents and Caregivers* (2020) by Adele LaFrance and Ashley P. Miller

About Family Based Therapy:

*When your Teen has an Eating Disorder* by Lauren Muhlheim, PhD.

*Help your Teenager Beat an Eating Disorder* by James Lock and Daniel Le Grange

*Survive FBT* by Marcia Ganci

General Reading:

*How to Nourish your Child through an Eating Disorder: a Simple Plate by Plate Approach to Rebuilding a Healthy Relationship with Food* by Casey Crosby, RD CSSD and Wendy Sterling, MS, RD, CSSD et al.

*ARFID Avoidant Restrictive Food Intake Disorder: A Guide for Parents and Carers* by Rachel Bryant-Waugh

*The Intuitive Eating Workbook for Teens: A Non-Diet, Body Positive Approach to Building a Healthy Relationship with Food* by Elyse Resch

*Your Dieting Daughter* (1996) by Carolyn Costin

*Surviving an Eating Disorder* (1997) by Siegel et al.

*Because I Feel Fat* (2004) by Paulson & McShane

*I'm, Like, So Fat* (2005) by Dianne Neumark-Sztainer

*Hold onto your Kids: Why Parents need to Matter more than Peers* by Gordon Neufeld, PhD.

*Off the C.U.F.F.: A Parent Skills Book for the Management of Disordered Eating* by Nancy Zucker

*The Parent's Guide to Eating Disorders: Supporting Self-Esteem, Healthy Eating, and Positive Body-Image at Home* (2007) Marcia Herrin & Nancy Matsumoto

*Mom, I Hate My Life* (2004) by Sharon Hersh

*The Second Family: Dealing with Peer Power, Pop Culture, the Wall of Silence -- and Other Challenges of Raising Today's Teens* (2002) by Ron Taffel and Melinda Blau

*Queen Bees and Wannabes: Helping Your Daughter Survive Cliques, Gossip, Boyfriends, and the New Realities of Girl World* by Rosalind Wiseman (2009)

*Odd Girl Out: The Hidden Culture of Aggression in Girls* (2003) by Rachel Simmons

*Setting Limits With Your Strong-Willed Child* (2001) by Robert MacKenzie, Ed.D

*Reviving Ophelia: Saving the Selves of Adolescent Girls* (2019) by Mary Pipher PhD and Sara Gilliam

### **MEDICAL COMPLICATIONS OF EATING DISORDERS**

*Sick Enough* by Jennifer Gaudiani, MD, CEDS, FAED

*Eating Disorders: A Guide to Medical Care and Complications* by Philip Mehler, MD, FAED and Arnold E. Andersen, MD

### **Non-ED RECOVERY MEMOIRS**

*A Shining Affliction* by Annie Rogers, PhD

*The Unsayable: Hidden Language of Trauma* by Annie Rogers, PhD

*Untamed* by Glennon Doyle

Educated by Tara Westover

*Nobody Nowhere: The Extraordinary Autobiography of an Autistic Girl (1995)* by Donna Williams

*Somebody Somewhere: Breaking Free from the World of Autism (1998)* by Donna Williams

*Know My Name* by Chanel Miller (Content Warning: Sexual assault, violence)

*Heavy* by Kiese Laymon (Content warning: Sexual abuse, violence, racism)

*Things I Learned from Falling* by Claire Nelson

*Wintering: The Power of Rest and Retreat in Difficult Times* by Katherine May

### **OTHER GENERAL PSYCHOLOGY**

*The Lies we Tell Ourselves: How to Face the Truth, Accept Yourself, and Create a Better Life (2017)* by Jon Frederickson, MSW

*The Examined Life: How we Lose and Find Ourselves (2013)* by Stephen Grosz

*The Untethered Soul: The Journey Beyond Yourself* by Michael A. Singer

### **ON TRAUMA**

*The Body Keeps the Score* by Bessel van der Kolk, MD

*Waking the Tiger* by Peter Levine, PhD

*Trauma and Recovery* by Judith Herman, MD

*Anchored: How to Befriend Your Nervous System Using Polyvagal Theory* by Deborah Dana

*The Feeling of What Happens: Body and Emotion in the Making of Consciousness* by Antonio Damasio

### **SOCIAL MEDIA ACCOUNTS**

@encouragingdietitian  
@dietitiananna  
@samdylanfinch  
@hgoodrichrd  
@bodyimage\_therapist  
@bodyimagewithbri  
@bravespacenutrition  
@newmoonrd  
@drcolleenreichmann