Books About Eating Disorders

James E. Mitchell, Carol B. Peterson

The Ritteroo Journal for Eating Disorders Recovery Lindsey Hall, 2015-07-22 This guided journal includes inspirational quotes and prompts for individuals in recovery from eating disorders. With soulful artwork by the late Mary Anne Ritter — "Ritteroo" — who suffered from anorexia nervosa while conceiving of this project, this four-color workbook combines textual and graphic inspiration with plenty of space for writing. Written by eating-disorders expert Lindsey Hall, the text is organized into six categories for self-exploration: relationships, thoughts, feelings, heart, body, and recovery.

<u>Eating Disorders</u> Hilde Bruch,1973-04-25 This text probes the emotional causes and effects of abnormal eating patterns and presents case histories of patients with weight problems.

Eating Disorders B. Timothy Walsh, Evelyn Attia, Deborah R. Glasofer, 2020 Eating disorders are potentially life-threatening psychiatric illnesses commonly accompanied by serious medical problems. They typically appear during adolescence or early adulthood, a time when young people are heading to college or interviewing for a first job. Many people recover fully from eating disorders, but others become chronically ill, and symptoms can continue into middle age and beyond. Written by leading authorities in eating disorders research and treatment, Eating Disorders: What Everyone Needs to Know answers common questions about eating disorders, including anorexia nervosa, bulimia nervosa, and binge eating disorder, as well as a newly described condition, avoidant/restrictive food intake disorder (ARFID). Practical yet authoritative, the book defines the eating disorders, explains what we know about them based on the latest science, and describes how treatment works. Importantly, the book dispels common myths about eating disorders, such as the notion that they occur only amongst the affluent, that they affect only girls and women, or that they simply result from environmental factors such as the fashion industry and society's obsession with thinness. In reality, as the book explains, there is substantial evidence that eating disorders are brain-based illnesses that do not discriminate, and that they have been around for a very long time. Eating Disorders: What Everyone Needs to Know is essential reading for those seeking authoritative and current information about these often misunderstood illnesses.

Handbook of Treatment for Eating Disorders David M. Garner, Paul E. Garfinkel, 1997-04-18 Updated to reflect recent DSM categorizations, this edition includes coverage of binge-eating disorder and examines pharmacological as well as psychotherapeutic approaches to treating eating disorders.

Handbook of Eating Disorders Janet Treasure, Ulrike Schmidt, Eric van Furth, 2003-07-11 This second edition of the Handbook of Eating Disorders offers a comprehensive, critical account of the whole field of eating disorders, incorporating both basic knowledge and a synthesis of the most recent developments in the area. Many of the important developments in recent years are reflected in this expanded volume such as the basic science of appetite control, the discovery of leptin and the knowledge about the neurotramsmitters involved in eating. An invaluable review of scientific knowledge and approaches to treatment of eating disorders from anorexia nervosa to obesity. * Covers basic concepts and science, clinical considerations of definition and assessment, and treatment approaches * Focuses on newer developments in research and treatment * Reflects evidence-based approaches to treatment as a guide to best practice * Includes many new chapters and authors who represent the most authoritative scientists and clinicians worldwide

Eating Disorders Laura J. Goodman, Mona Villapiano, 2001 Two seasoned clinicians with years of experience in the treatment of eating disorders offer this practical tool and adjunct to one-on-one and group therapy. In a readable style, the authors take the reader on a journey toward better mental and physical health, as well as provide an important understanding of eating disorders. This Workbook encourages self-paced learning and practice. The authors guide the reader through a greater consideration of body image, compulsive exercising, and personal and societal relationships. The Workbook also explores complicated issues having a direct effect on the eating disorder, including trauma, depression, abuse, and the media.

Eating Disorders Philip S. Mehler, Arnold E. Andersen, 2022-05-10 A comprehensive guide on how to diagnose, treat, and care for those with eating disorders. Eating disorders, which include such conditions as anorexia, bulimia, binge eating, and pica, represent a challenge to both patients and health care providers alike. For more than 20 years, health care providers have turned to the expert advice found in Eating Disorders to keep up to date with the latest research in the field and to help them provide the best care available for their patients. In this new, thoroughly revised and expanded edition of their best-selling work, Drs. Philip S. Mehler and Arnold E. Andersen provide a user-friendly and comprehensive guide to treating and managing eating disorders for primary care physicians, mental health professionals, worried family members and friends, and nonmedical professionals (such as teachers and coaches). Mehler and Andersen • identify common medical complications faced by people who have eating disorders • answer questions about how to treat both physical and behavioral aspects of eating disorders • discuss serious complications, including cardiac arrhythmia, electrolyte abnormalities, and gastrointestinal problems • incorporate all-new information on avoidant restrictive food intake disorder (ARFID), binge eating disorder, and the role of social media in promoting disordered eating • offer targeted advice for working with specialists • include four new chapters on eating disorders in children and adolescents; atypical anorexia; eating disorders in transgender individuals; and family therapy • feature engaging clinical vignettes • answer a list of common questions

practitioners may have in each chapter The most comprehensive work on the market and the only book that covers eating disorders in transgender individuals, Eating Disorders is a compassionate, evidence-based, and essential guide. Contributors: Arnold E. Andersen, Ovidio Bermudez, Jeana Cost, Meghan Foley, Dennis Gibson, Neville Golden, Sacha Gorell, Jeffrey Hollis, Mori J. Krantz, Daniel Le Grange, Russell Marx, Jennifer McBride, Philip S. Mehler, Leah Puckett, Katherine Sachs, Michael Spaulding-Barclay, Anna Tanner, Nathalia Trees, Jessica Tse, Kenneth Weiner, Patricia Westmoreland

Gaining Aimee Liu, 2008-01-02 Aimee Liu, who wrote Solitaire, the first-ever memoir of anorexia, in 1979, returns to the subject nearly three decades later and shares her story and those of the many women in her age group of life beyond this life-altering ailment. She has extensively researched the origins and effects of both anorexia and bulimia, and dispels many commonly held myths about these diseases with the persuasive conclusion that anorexia is a result of personality. Key revelations include: the temperament required for eating disorders, the long-term effects of eating disorders on health, brain function, relationships and career, why some individuals recover while others relapse, and why many relapse in midlife, Which treatment approaches are most successful long-term and how parents can tell if a child will be vulnerable to eating disorders. Using her own experience and the stories of many recovering anorexics she's interviewed, Liu weaves together a narrative that is both persuasive in argument and compelling in personal details.

Hope, Help, & Healing for Eating Disorders Gregory L. Jantz,2002 Heal your relationship with food. Eating disorders and disordered eating ravage and consume too many lives. In this powerful book for individuals suffering from eating disorders-as well as those wanting to help--Dr. Gregory Jantz comes alongside his readers with a well-tested and successful approach that addresses the emotional, relational, physical, and spiritual dimensions of healing from an eating disorder. Topics include: * Five often-overlooked nutritional keys to recovery * How to let go of anger, fear, and guilt * Tools for creating a binge-free life * How not to be a victim of others * The role of emotional and verbal abuse in eating disorders * Seven keys to creating healthy relationships This completely updated and revised edition contains new material on nutritional leading-edge interventions, spiritual abuse, and healing strategies for compulsive behaviors. If food has not found its proper place as nutrition in your life, discover the answers in Hope, Help and Healing for Eating Disorders. Because you can do more than just survive--you can really live. Contains thought provoking questions and activities to guide readers through progressive healing steps.

Eating Disorders Tania Heller, M.D.,2003-04-14 If I gain any weight, I'll lose all control. These words, spoken by a 14-year-old anorexia nervosa patient, show just how serious eating disorders can be for teenagers, disturbing numbers of whom are dissatisfied with their bodies. For some, mostly girls, thoughts about food and their bodies consume their lives and lead to such life-threatening eating disorders as anorexia nervosa or bulimia nervosa. This guide to eating disorders for teenagers, their families, and others involved in their lives defines what the diseases are, considers who suffers from them and why,

discusses the warning signs and complications, and covers associated disorders. It also provides information on body dysmorphia and the treatment and prevention of eating disorders. Numerous resources that can provide help are listed.

Eating Disorders Suzanne Abraham, Derek Llewellyn-Jones, 2001 The eating disorders - anorexia nervosa, bulimia nervosa, and obesity -affect many thousands of people each year, particularly young women, though men as well. This comprehensive guide considers why eating disorders occur, and then looks at each in turn, describing the eating behaviours, diagnosis, and treatments available. This new edition has been fully revised and updated. Included is a new chapter explaining and providing advice on the problems someone with an eating disorder may face while pregnant, and after giving birth. An additional chapter looks at the problems that the family or friends of someone with an eating disorder may face, accepting that there is a problem, the feeling that somehow they are responsible, helplessness, and how they can cope and provide support and help for the sufferer Sympathetically and clearly written, the book provides an authoritative resource on eating disorders and how to treat them, one that will prove valuable for sufferers and their families.

Eating Disorders Mario Maj, Katharine Halmi, Juan José López-Ibor, Jr., Norman Sartorius, 2003-05-07 Anorexia nervosa, bulimia nervosa and binge eating disorder are all associated with significant emotional and relational stress. They can have serious physical complications. Most cases of anorexia and bulimia nervosa remain undiagnosed, and many diagnosed cases are inappropriately treated. It is therefore essential to reduce the gap between research evidence and clinical experience in order to improve diagnosis and treatment of these mental disorders. This latest volume examines the recurrent social and biological problem of eating disorders and provides: Coverage of all aspects of eating disorders, including diagnosis, epidemiology and pharmacological treatment Contributions from internationally acclaimed experts An unbiased and reliable reference point This title is the sixth volume in the exciting, innovative WPA Series Evidence and Experience in Psychiatry. Written by internationally renowned psychiatrists, this book series provides evidence-based information for psychiatrists, psychologists, mental health nurses and policy makers.

Diet of Despair Anna Paterson, 2002-01-01 SPECIAL MENTION TES/NASEN BEST ACADEMIC BOOK AWARD `Anna has written a very descriptive book of her feeling and the difficult times she went through as she struggled with anorexia. The book gives advice, recovery ideas and encouragement for those who suffer eating disorders' - International Woman `I enjoyed her style of writing and would certainly recommend this book to anyone interested in eating disorders' - Signpost `Provides a valuable insight into how a young person with an eating disorder thinks and feels' - Contact a Family `The style is clear and engaging and ought to reach young people who are experiencing difficulties. The level of information contained would be of equal value to the families of these young people in helping them understand the emotions of their loved ones' - Educational Psychology Looking in the bathroom mirror for the first time since my illness had begun, I saw how I really looked. I was a walking skeleton, with my skin stretched tight over my bones. My face had become a skull, and when I smiled, it looked like I

was wearing a horror mask. Anna has suffered a serious eating disorder and, more importantly, she has recovered! In this book she provides the reader with: a moving account of her experiences information about eating disorders a plan for recovery HOPE. The book is intended for young people and their families, and all those who care for children at risk.

Eating Disorders in America David E. Newton, 2019-03-07 An indispensable resource for readers interested in eating disorders, this book summarizes their history in human civilization, assesses the current status of eating disorders in American society, and describes efforts for establishing effective prevention and treatment programs. Although eating disorders have existed for centuries, considerable controversy remains as to the basic cause or causes of these disorders and their genetic, biological, and/or psychological factors. Eating Disorders in America: A Reference Handbook investigates these disorders, priming readers on the causes, symptoms, controversies, and treatments available. The two opening chapters of the book provide general background and a historical review of the existence of eating disorders in society. The remaining chapters provide resources the reader can use for further research, such as an extensive annotated bibliography, a glossary, and a chronology. This book differs from others on the topic in that it provides both an expository section that provides information as well as a set of resources for further research. The book also contains a perspectives chapter in which writers describe and discuss their personal views on the subject of eating disorders. Together with the author's expertise, these views add to the value of this book as a resource for eating disorder research.

Eating Disorders Kristen Rajczak Nelson, Toney Allman, 2016-12-15 Eating disorders are mental illnesses that have dangerous physical consequences. Young adults are most at risk for developing these disorders. This volume aims to educate readers about the causes and effects of disorders such as anorexia, bulimia, and compulsive eating. Fact boxes highlight the stories of celebrities who struggle with these issues, and full-color photographs show the unglamorous reality of living with an eating disorder. Websites are provided to promote healthy lifestyles as well as give help to readers who are already battling these serious conditions.

The Wiley Handbook of Eating Disorders Linda Smolak, Michael P. Levine, 2015-09-08 "Drs. Smolak and Levine are to be congratulated for this timely, comprehensive two-volume Handbook. The list of contributors is impressive, the breadth of topics covered is exhaustive, and the overall organization is superb." James E. Mitchell, MD, Christoferson Professor and Chair of Psychiatry and Behavioral Science, University of North Dakota School of Medicine and Health Sciences, President and Scientific Director, The Neuropsychiatric Research Institute "Unquestionably, the most comprehensive overview of eating disorders in the history of the field, edited by two of its most respected scholars. Drs. Smolak and Levine have recruited distinguished clinicians and researchers to review every aspect of these illnesses from prevention to treatment. This Handbook should be required reading for any professional that wants to work in this field." Craig Johnson, PhD, FAED, Chief Science Officer, Eating Recovery Center, Clinical Professor of Psychiatry, University of Oklahoma College of Medicine

"Eating disorders are serious public health problems. This comprehensive book on eating disorders is edited by two of the pioneers in the field, Drs. Linda Smolak and Michael Levine. Their work on topics such as eating disorders prevention, media and eating disorders, and the objectification of women have greatly informed our knowledge base and current practices. In this outstanding volume, Smolak and Levine pull together many of the leaders within the field of eating disorders. I strongly recommend this book to anyone with an interest in the etiology, consequences, prevention, or treatment of eating disorders." Dianne Neumark-Sztainer, PhD, Professor, School of Public Health, University of Minnesota Author, "I'm, Like, So Fat!" Helping Your Teen Make Healthy Choices about Eating and Exercise in a Weight-Obsessed World "Renowned scholars Smolak and Levine have assembled the best scientists and clinicians to educate us about the major advances and important questions in the field of eating disorders. This comprehensive Handbook is a must-have, rich, and accessible resource." Thomas F. Cash, PhD, Professor Emeritus of Psychology, Old Dominion University This groundbreaking two-volume Handbook, edited by two of the leading authorities on body image and eating disorders research, provides evidence-based analysis of the causes, treatment, and prevention of eating disorders. The Wiley Handbook of Eating Disorders features the most comprehensive and up-to-date collection of eating disorders research ever assembled, including contributions from an international group of scholars from a range of disciplines, as well as coverage of DSM-5. The Handbook includes chapters on history, etiological factors, diagnosis, assessment, treatment, prevention, social policy, and advocacy. Boldly tackling controversies and previously unanswered questions in the field, and including suggestions for further research at the conclusion of every chapter, The Wiley Handbook of Eating Disorders will be an essential resource for students, scholars, and clinicians invested in improving the treatment and prevention of eating disorders.

Assessment of Eating Disorders James E. Mitchell, Carol B. Peterson, 2012-04-16 Concise and practical yet comprehensive, this unique book provides a clear framework and a range of up-to-date tools for assessing patients with eating disorders. Leading clinicians and researchers describe the nuts and bolts of using diagnostic interviews, standardized databases, structured instruments, self-report and family-based measures, medical and nutritional assessment, ecological momentary assessment, and strategies for evaluating body image disturbance. Concrete examples and sample forms are included throughout, and the concluding chapter discusses how to use assessment data in individualized treatment planning.

Eating Disorders and Mindfulness Leah DeSole,2014-07-10 This book presents an overview of the latest psychological knowledge about the application of mindfulness-based interventions in the field of eating disorders. Increasingly, these interventions are used in therapeutic practice. They encourage clients to process their experience fully, as it arises, without judgement. Mindfulness-based approaches, in particular, emphasize the cultivation of moment to moment awareness of thoughts and feelings as well as bodily sensations. In so doing, eating disorders present an ideal context for the development of mindfulness. Indeed, it is in the body that the emotional and relational struggles of clients reveal themselves. The authors

in this diverse volume share a belief in the utility of using mindfulness-based practices to address disordered eating. It features up to date research and theory regarding mindfulness and the full spectrum of eating disorders, from Anorexia Nervosa and Bulimia Nervosa to Binge Eating Disorder. In addition, it explores how professionals can utilize mindfulness in their own practices, in the context of both individual and group treatment. This book was originally published as a special issue of Eating Disorders: the Journal of Treatment and Prevention.

Eating Disorders Jeff Hill,2012-09-07 Teens face powerful pressures to look a certain way. Body image is one of the most fragile areas to take hits on, especially if you're not pencil thin or the picture of athletic health. This volume talks candidly about eating disorders. It describes the different types of eating disorders, their prevalence in society, and what research suggests about causes and risk factors for having an eating disorder. Readers will learn how eating disorders are treated, the likelihood of recovery, and how people with eating disorders live with the disorder.

The Inside Scoop on Eating Disorder Recovery Colleen Reichmann, Jennifer Rollin, 2021-03-31 The Inside Scoop on Eating Disorder Recovery is a fresh, smart, how-to book that helps people with eating disorders to heal their relationship with food, their bodies, and ultimately themselves. Written from the perspective of two eating disorder therapists, both of whom are recovered from their own eating disorders, the text uses humor, personal narratives, and research-proven techniques to offer specific actionable guidelines on how to reclaim one's life from an eating disorder. The authors explain the difference between dieting and eating disorders, break down the stages of recovery, and provide tips on how to thrive in each stage. The book provides powerful myth-busting on topics that have historically not been addressed in eating disorder recovery books, such as clean eating and orthorexia, exercising in recovery, and fat positivity. Tangible exercises at the end of each chapter provide readers with advice and tips on implementing this approach to recovery in their day-to-day lives. The humorous and down-to-earth tone of the book creates an authentic and genuine feel that leaves those who struggle with chronic dieting, eating disorders, and negative body image feeling connected and heard.

Discover tales of courage and bravery in Crafted by is empowering ebook, Stories of Fearlessness: **Books About Eating Disorders**. In a downloadable PDF format (Download in PDF: *), this collection inspires and motivates. Download now to witness the indomitable spirit of those who dared to be brave.

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