

Rhodes Wood Hospital suggested reading list for parents/patients.

Practical Guides for Eating Disorders:

- Eating disorders in childhood and adolescence by Bryan Lask (2013)
- Getting Better Bite by Bite: A Survival Kit for Sufferers of Bulimia Nervosa and Binge Eating Disorders by Ulrike Schmidt, Janet Treasure and June Alexander (2015) ISBN: 978-1138797376
- Beating Eating Disorders Step by Step: A self-help guide for recovery by Anna Patterson (2008) ISBN: 978-1843103400
- End Emotional Eating: Using Dialectical Behaviour Skills to Comfort Yourself without Food by Jennifer Taitz (2012). ISBN: 978-1608821211
- Finding Your Voice Through Creativity: The Art and Journaling Workbook for Disordered Eating by Mindy Jacobson-Levy and Maureen Foy-Tornay (2011) ISBN: 978-0936077307
- Overcoming Binge Eating: The Proven Program to Learn Why You Binge and How You Can Stop by Christopher Fairburn (2013) ISBN: 978-1572305618
- Understanding Your Eating: How to Eat and Not Worry About It by Julia Buckroyd (2011) ISBN: 978-0335241972
- The Invisible Man: A Self-help Guide for Men with Eating Disorders, Compulsive Exercise and Bigorexia by John Morgan (2008) ISBN: 978-1583911501
- Anorexia Nervosa: A Recovery Guide for Sufferers, Families and Friends by Janet Treasure and June Alexander (2013). ISBN: 978-0415633666
- Bulimia: A Guide for Family and Friends by Roberta Trattner Sherman & Ron Thompson (1996) ISBN: 978-0787903619
- Beating Your Eating Disorder: A Cognitive-Behavioural Self-Help Guide for Adult Sufferers and their Carers by Glen Waller, Victoria Mountford, Rachel Lawson, Emma Gray, Helen Cordery and Hendrik Hinrichsen (2010) ISBN: 978-0521739047
- Bulimia Nervosa: A Self Help Cognitive Therapy programme for Clients by Myra Cooper, Gillian Todd & Adrian Wells (2000) ISBN: 978-1853027178

Practical Guides for Related Symptoms:

- Overcoming Low Self-Esteem by Dr Melanie Fennell (2009) ISBN: 978-1849010689
- The Compassionate Mind by Paul Gilbert (2010) ISBN: 978 - 1849010986
- Overcoming Body Image Problems including Body Dysmorphic Disorder by David Veale, Rob Wilson and Alex Clarke (2009) ISBN: 978-1845292799
- Self-Compassion by Kristin Neff (2011) ISBN: 978-1444738179

Memoirs and fiction:

- A Girl Called Tim: Escape from Eating Disorder by June Alexander (2014) ISBN: 978-1742570792
- Weighing It Up by Ali Valenzuela (2009) ISBN: 978-0340988404
- Gaining: The Truth about Life After Eating Disorders by Aimee Liu (2007) ISBN: 978-0446577663
- Her Sister's Voice (2013) & Her Other Voice (2013) by Lesley Cheetham ISBN: 978-0957285804 & 978-0957285811
- Unbearable Lightness: A Story of Loss and Gain by Portia de Rossi (2011) ISBN: 978-0857204110
- Pointe by Brandy Colbert (2016) ISBN: 978-9876128919

Recommended Self Help Books for Carers

Practical Guides:

- Eating Disorders: A Parents' Guide by Rachel Bryant-Waugh and Bryan Lask (2013) ISBN: 978-0415501569
- Can I Tell you About Eating Disorders? A Guide for Friends, Family and Professionals by Rachel Bryant-Waugh and Bryan Lask (2014) ISBN: 978-1849054218
- Anorexia Nervosa: A Recovery Guide for Sufferers, Families and Friends by Janet Treasure Eating Disorders Pocketbook (Guide for teachers) by Pooky Knightsmith (2012) ISBN: 978-1906610494 and June Alexander (2013). ISBN: 978-0415633666
- Help Your Teenager Beat an Eating Disorder by James Lock and Daniel Le Grange (2015) ISBN: 978-1462517480
- Hope with Eating Disorders by Lynn Crilly (2012) ISBN: 978-1848508927
- Eating Problems in Children: Information for Parents by Claudine Fox and Carol Joughin (2002) ISBN: 978-1901242867
- Beating your Eating Disorder: A Cognitive-Behavioural Self-Help Guide for Adult Sufferers and their Carers by Glen Waller, Victoria Mountford, Rachel Lawson, Emma Gray, Helen Cordery and Hendrik Hinrichsen (2010) ISBN: 978-0521739047
- Eating Disorders: Helping Your Child Recover by Steve Bloomfield (2006) ISBN: 978-0955177217
- Skills-based Learning for Caring for a Loved One with an Eating Disorder: The New Maudsley Method by Janet Treasure, Gráinne Smith & Anna Crane (2007) ISBN: 978-0415431583

Memoirs:

- Brave Girl Eating: The Inspirational True Story of One Family's Battle with Anorexia by Harriet Brown (2011). ISBN: 978-0749955182
- When Anorexia Came to Visit: Families Talk About How an Eating Disorder Invaded Their Lives by Bew Mattocks (2013) ISBN: 978-0957511842
- A Girl Called Tim: Escape from Eating Disorder by June Alexander (2014) ISBN: 978-1742570792
- Weighing It Up by Ali Valenzuela (2009) ISBN: 978-0340988404
- Please eat...: A Mother's Struggle to Free Her Teenage Son from Anorexia by Bev Mattocks (2013) ISBN: 978-0957511804
- Gaining: The Truth about Life After Eating Disorders by Aimee Liu (2007) ISBN: 978-0446577663
- Unbearable Lightness: A Story of Loss and Gain by Portia de Rossi (2011) ISBN: 978-0857204110
- Pointe by Brandy Colbert (2016) ISBN: 978-9876128919
- Just Listen by Sarah Dessen (2007) ISBN: 978-0141322919
- Elena Vanishing by Elena and Clare B. Dunkle (2015) ISBN: 978-1452121512
- Stick Figure by Lori Gottlieb (2009) ISBN: 978-1439148907
- Skinny by Ibi Kaslik (2007) ISBN: 978-0802797384

Rhodes Wood Hospital suggested website resource list for parents/patients.

<http://www.wales.nhs.uk/sitesplus/documents/866/Hunger%20for%20Understanding%20%20-%20Workbook.pdf>

<https://www.b-eat.co.uk/about-eating-disorders/leaflet-library>

<https://www.b-eat.co.uk/about-eating-disorders/book-reviews>

<https://www.b-eat.co.uk/about-eating-disorders/types-of-eating-disorder>

<https://www.b-eat.co.uk/spotting-signs-eating-disorder>

<http://www.rcpsych.ac.uk/healthadvice/parentsandyouthinfo/parentscarers/eatingdisorders.aspx>

<http://www.seedeatingdisorders.org.uk/pdfs/user/B33B85C6-26CC-4999-3E05-4E72FE7918FF.pdf>

<http://www.stem4.org.uk/eating-disorders/What-is-it/identification/>

If you would further information on our services or you would like to book an appointment with us, please call Rhodes Wood Hospital **0808 168 1290**.