

# Eating Disorder Reading List

## Individual/Adult

- \*\*\*Fairburn, C. G. (2008). *Cognitive behavior therapy and eating disorders*. The Guilford Press.
- Fairburn, C. G. (2013). *Overcoming binge eating: The proven program to learn why you binge and how you can stop*. The Guilford Press.
- Waller, G., Turner, H. M., Tatham, M., Mountford, V. A., & Wade, T. D. (2019). *Brief cognitive behavioural therapy for non-underweight patients: CBT for eating disorders*. Routledge.
- Hornbacher, M. (1998). *Wasted: A memoir of anorexia and bulimia*. Harper Collins.
- Schaefer, J. (2014). *Life without ED: How one woman declared independence from her eating disorder and how you can too*. McGray Hill.

## Child/Adolescent

- Lock, J., & Le Grange, D. (2005). *Help your teenager beat an eating disorder*. The Guilford Press.
- \*\*\*Forsberg, S., Lock, J.D., & Le Grange, D. (2018). *Family-based treatment for restrictive eating disorders: A guide for supervision and advanced clinical practice*. Routledge.
- Ganci, M. (2016). *Survive FBT: Skills manual for parents undertaking family based treatment (FBT) for child and adolescent anorexia nervosa*. LMD Publishing.
- Musby, E. (2022). *Anorexia and other eating disorders: how to help your child eat well and be well*. APRICA.
- Brown, H. (2010). *Brave girl eating: A family's struggle with anorexia*. Harper Collins.
- Thomas, J. J., & Eddy, K. (2019). *Cognitive-behavioral therapy for avoidant/restrictive food intake disorder children, adolescents, and adults*. Cambridge University Press.

## Body Image

- Wood-Barcalow, N., Tylka, T., & Judge, C. (2021). *Positive body image workbook: A clinical and self-improvement guide*. Cambridge University Press.

## ED Assessment

- Tatham, M., Turner, H., Mountford V. A., Tritt, A., Dyas, R., & Waller, G. (2015). Development, psychometric properties and preliminary clinical validation of a brief, session-by-session measure of eating disorder cognitions and behaviors: The ED-15. *International Journal of Eating Disorders*, 48, 1005-1115.

\*\*\* Evidence-Based Treatment Manual