

EATING & BODY IMAGE ISSUES

GENERAL INFORMATION

Hunger pains: The modern woman's tragic quest for thinness by Mary Pipher, Ballantine Books (1997) LPL Call #: 616.8526 Pip

Women afraid to eat: Breaking free in today's weight-obsessed world by Frances M. Berg, Healthy Weight Network (2000). LPL Call #: 616.398 Ber

The eating disorder sourcebook by Carolyn Costin, Lowell House (1996)
LPL Call #: 616.8526 Cos
(2nd ed.) (1999) LPL Call #: online book

BOOKS FOR PARENTS & THEIR CHILDREN

All shapes and sizes: Promoting fitness and self-esteem in your overweight child by Teresa Pitman and Miriam Kaufman, Harper Collins (1994) LPL Call #: 618.923 Pit

Help for eating disorders: A parents' guide to symptoms, causes & treatments by Debra K. Katzman & Leora Pinhas, Hospital for Sick Children (2005) LPL Call #: 618.928526 Kat

Surviving an eating disorder: Strategies for family and friends by Michele Siegel, Judith Brisman, & Margot Weinshel, Harper Perennial (1997) LPL Call #: 616.8526 Sie

Reviving Ophelia: Saving the selves of adolescent girls by Mary Pipher, Putnam (1994) LPL Call #: 305.235 Pip

Children and teens afraid to eat: Helping youth in today's weight-obsessed world by Frances M. Berg, Healthy Weight Network (2001). LPL Call #: 618.928526 Ber

Food fight: A guide to eating disorders for preteens and their parents by Janet Bode, Aladdin Paperbacks (1997)
LPL Call #: j618.928526 Bod

When girls feel fat: Helping girls through adolescence by Sandra Susan Friedman, Harper Collins (1997) LPL Call #: j649.1082 Fri

VIDEOS

Dying to be thin by Larkin McPhee, WGBH Boston Video (2000) LPL Call #: 616.8526 Dyi

Get real by Heidi Gerber, Transfusion Pictures (1995) LPL Call #: 155.533 Get

Slim hopes: Advertising and the obsession with thinness by Sut Jhally, Media Education Foundation (1995) LPL Call #: 659.1042 SI36

Take another look by Lisa O'Brien and Bernice Vanderlaan, McNabb & Connolly (1994) LPL Call #: 305.235 T139

WEB SITES

Hopewell Eating Disorder Support Centre
<http://www.hopewell.on.ca/homepage>

National Eating Disorders Association
<http://www.nedic.ca>

For factual sites for therapists and clients:

Something Fishy <http://www.something-fishy.org/>

The National Association for Anorexia Nervosa and Associated Disorders
<http://www.anad.org/>



This resource list was created through consultation with the Canadian Mental Health Association (<http://www.cmha.ca>), the Hospital for Sick Children (<http://www.sickkids.ca>), and National Eating Disorder Information Centre (<http://www.nedic.ca/>).