



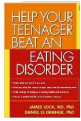


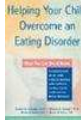
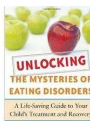
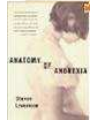
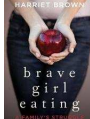
SUGGESTED READING


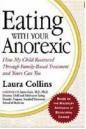



Below is a list of books which are recommended by EDV staff to assist those family and friends who are helping their loved one recover from an eating disorder. The list is by no means exhaustive, but is designed to assist the reader get started on the road to discovering books best suited to their own circumstances.

Members of EDV may borrow them from our library.

The EDV library identification number appears beside each title making it easy to locate them on our shelves.

NB - The books below are NOT recommended for people still struggling with an eating disorder.

Book	Description
	Skills Based Learning for Caring For a Loved One with an Eating Disorder (FF20) Author: Janet Treasure et al Equips carers with the skills and knowledge needed to support and encourage those suffering from an eating disorder, and to help them to break free from the traps that prevent recovery. This book is highly recommended reading prior to attending the EDV Building Hope Workshops.
	Talking to Eating Disorders (FF43) Author: Jeanne Albronda Heaton, Claudia J. Strauss What to say - and what not to say - when a friend or family member has an eating disorder.
	Help Your Teenager Beat an Eating Disorder (FF14) Author: Daniel Le Grange and James Lock This is the recently published Parent book that goes with the Maudsley model and helps with practical advice around food and eating, pointing out the importance of not excluding the family.
	Anorexia: A survival guide for families, friends and sufferers (FF04) Author: Janet Treasure This book attempts to answer some of the questions that are asked by individuals and family when anorexia nervosa strikes.
	Eating Disorders – A Survival Guide for Family and Friends (FF06) Author: Jillian Ball and Rae Ball Compiled with input from parents, siblings and partners it provides practical strategies for living with a person with an eating disorder.
	Helping Your Child Overcome an Eating Disorder (FF13) Author: Bethany A Teachman et al Although it appears as a “work book” it is filled with constructive information, extracts from the experience of others with a section on “The Unique Role of Parents”. A great read to increase your understanding and knowledge.
	Unlocking the Mysteries of Eating Disorders (FF63) Authors: Herzog, Franko and Cable A book to guide you through this difficult situation and empower you and your family to make the good decisions around your loved one’s eating disorder.
	Anatomy of Anorexia (A18) Author: Steven Levenkron Discusses origins, stages and treatment of anorexia and the role family can play in recovery.
	Brave Girl Eating (FF66) Author: Harriet Brown An inspirational story of one courageous family’s fight against anorexia nervosa where we learn that anorexia can be defeated. The author also incorporates clinical research findings from the field of eating disorders.

	<p>Biting the Hand That Starves You (AB86) Author: Maisel, Epston & Borden This book is great to understand the need to separate the illness from the person and to understand the “thinking” in these illnesses.</p>
	<p>Eating With Your Anorexic (FF01) Author: Laura Collins Excellent presentation of a family who treated their daughter at home using the Maudsley model.</p>
	<p>The Secret Language of Eating Disorders (A60) Author: Peggy Claude-Pierre A mother working to complete her psychology degree discovers one of her daughters has developed an eating disorder. The battle fought alongside her first daughter and ultimately her second daughter who also developed an eating disorder.</p>
	<p>You Cannot Take our Love (FF59) Author: Jacinta Sutherland A moving, honest account of one family’s experience of living with a loved one with an eating disorder – from discovery to recovery. We need more stories like Jacinta’s to be told.</p>
	<p>The Starving Family (FF12) Author: Cheryl Dellasega Although this is an American book, it has huge relevance to carers in Australia, both to help you feel less alone but also in helping you navigate through the treatment interventions, empowering you to ask for what your family needs.</p>

Where to source books for your own library:

Websites:

www.amazon.com

Great source for secondhand books in as new condition at a dramatically reduced cost – but be aware that postage (per book – they don’t combine postage) is an additional cost.

www.booko.com.au

Booko is a website which will find your book selection and source the cheapest worldwide price for it. And it converts the cost into Australian dollars. It’s an excellent website for books.

The “It” books: www.booktopia.com.au

Skills based learning: www.bookdepository.co.uk

(This is currently the cheapest source for this book and international shipping is free) Please be aware that this book can range in price from \$25 - \$75 in Australian bookstores (depending on supplier).

Bookshops:

Readings Book Stores

- Carlton - 309 Lygon St
- Hawthorn - 701 Glenferrie Rd
- Malvern - 185 Glenferrie Rd
- Port Melbourne - 253 Bay St
- St Kilda - 112 Acland St

State Library - State Library of Victoria foyer, Cnr LaTrobe and Swanston Streets, Melbourne