

Self-Help & Guided Self-Help Print Resources for Weight / Shape / Body Image & Eating Concerns and for Eating Disorders.

(compiled by Victorian Centre of Excellence in Eating Disorders. Sept 2014)

Print Self-Help Resources for Weight / Shape & Eating / Dieting Concerns

- **The Body Image Workbook.** 2nd Ed. Cash T. New Harbinger Pub. 2008
- **Change Your Mind, Change Your Body: Feeling Good About Your Body and Self After 40.** Kearney-Cooke A. Atria Books 2004
- **Health At Every Size: The Surprising Truth About Your Weight.** 2nd Ed. Bacon L. Benbella Books 2010
- **If Not Dieting Then What?** Kausman R. Allen & Unwin 1998
- **Intuitive Eating: A Revolutionary Program that Works.** 2nd Ed. Trimbole & Resch St martin's Griffin 2010
- **Overcoming overeating: how to break the diet / binge cycle and live a healthier, more satisfying life.** Munter & Hirschmann. OO Publishing 2008
- **Love What You Eat, Eat What You Love: How to break your eat / repent / repeat cycle.** May M. Greenleaf Book Group press, 2010
- **Diet No More.** McFadden J. Penguin Books Aust Ltd 1995

Print Self-Help Resources for Eating Disorders

Evaluated resources:

- **Getting Better BitE by BitE: Survival Kit for Sufferers of Bulimia Nervosa and Binge Eating Disorders: Survival Kit for Sufferers of Bulimia Nervosa and Binge Eating Disorders.** Treasure J & Schmidt U. 1993 Psychology Press.
- **Getting Better BitE by BitE: Survival Kit for Sufferers of Bulimia Nervosa and Binge Eating Disorders: Survival Kit for Sufferers of Bulimia Nervosa and Binge Eating Disorders. Clinicians' Guide.** Treasure J & Schmidt U. 1997 Psychology Press
- **Bulimia Nervosa and Binge-Eating. A Guide to Recovery.** Revise Ed. Cooper P. Constable & Robinson 1995
- **Overcoming Binge-Eating.** Fairburn (1995) Guilford Press
- **Help Your Teenager Beat an Eating Disorder.** Lock J & le Grange D. The Guilford Press 2005

Other workbooks developed from evidenced based or emerging helpful approaches:

- **What's Eating You: A Workbook for teens with anorexia, bulimia and other eating disorders.** Nelson T. Instant Help Books (New Harbinger) 2008
- **Overcoming Your Eating Disorder. A Cognitive Behavioral Therapy Approach for Bulimia Nervosa and Binge-Eating Disorder. Guided Self-Help Workbook.** Agras & Apple 2008 Oxford University Press
- **The Anorexia Workbook: How to Accept Yourself, Heal Your Suffering and Reclaim Your Life.** Heffner M & Eifert GH. 2004 New Harbinger Press
- **The Overcoming Bulimia Workbook: Your Comprehensive Step-by-Step Guide to Recovery.** McCabe R, McFarlane T & Olmstead MP. 2003 New Harbinger Press
- **The Appetite Awareness Workbook: How to Listen to your Body and Overcome Bingeing, Overeating and Obsession with Food.** Craighead L. 2006 New Harbinger Press
- **Hunger for Understanding: A Workbook for Helping Young People Understand Anorexia Nervosa.** Eivors A. & Nesbitt S. John Wiley. 2005
- **Skills-Based Learning for Caring for a Loved One with an Eating Disorder: The New Maudsley Method.** Treasure J., Smith G., Crane A. 2007 Routledge
- **Anorexia Nervosa: a survival guide for families, friends and sufferers.** Treasure J. Psychology Press 1997