



THE VICTORIAN  
CENTRE OF  
EXCELLENCE IN  
EATING  
DISORDERS

## SELF-HELP & GUIDED SELF-HELP RESOURCES FOR WEIGHT/SHAPE/BODY IMAGE & EATING CONCERNS AND EATING DISORDERS

### 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*. Treasure J & Schmidt U. 1993 Psychology Press.
- *Getting Better BitE by BitE: 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



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## OTHER WORKBOOKS DEVELOPED FROM EVIDENCE 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
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