

# RESOURCES TO TACKLE BINGE EATING



THE VICTORIAN  
CENTRE OF  
EXCELLENCE IN  
EATING  
DISORDERS

## ONLINE RESOURCES

- Centre for Clinical interventions WA: has a range of evidence-based self help interventions for body dissatisfaction and eating disorders  
<http://www.cci.health.wa.gov.au/resources/consumers.cfm>
- Binge Eating Disorders Association: <http://bedaonline.com/>
- Health at Every Size: <http://haescommunity.com/>
- If Not Dieting, Then What? [http://www.ifnotdieting.com.au/cpa/htm/htm\\_home.asp](http://www.ifnotdieting.com.au/cpa/htm/htm_home.asp)

## SELF-HELP MANUALS (BASED ON RESEARCH / EVIDENCE BASED)

- Overcoming Bulimia and Binge-Eating: A self-help guide using Cognitive Behavioral Techniques. Rev Ed. Auth: Peter Cooper Pub: Robinson UK, 2009
- The Appetite Awareness Workbook: How to listen to your body & overcome bingeing, overeating & obsession with food. 2006. Auth: Linda Craighead. Pub: New Harbinger Publications US
- The Body Image Workbook: An eight step program for learning to like your looks 2nd Ed. 2008 Auth: Thomas Cash. Pub: New Harbinger Publications