

EDFA MEMBERS' TOP 30 EATING DISORDER BOOK RECOMMENDATIONS

1. [BRAVE GIRL EATING: THE INSPIRATIONAL TRUE STORY OF ONE FAMILY'S BATTLE WITH ANOREXIA](#)
2. [STRAW MAN: MY BATTLE WITH ANOREXIA](#)
3. [SKILLS-BASED LEARNING FOR CARING FOR A LOVED ONE WITH AN EATING DISORDER](#)
4. [ANOREXIA AND OTHER EATING DISORDERS: HOW TO HELP YOUR CHILD EAT WELL AND BE WELL](#)
5. [COLD VEIN](#)
6. [A GIRL CALLED TIM: ESCAPE FROM AN EATING DISORDER HELL](#)
7. [MY KID IS BACK: EMPOWERING PARENTS TO BEAT ANOREXIA NERVOSA](#)
8. [EATING DISORDERS IN CHILDHOOD AND ADOLESCENCE](#)
9. [REHABILITATE, REWIRE, RECOVER! ANOREXIA RECOVERY FOR THE DETERMINED ADULT](#)
10. [NEURAL REWIRING FOR EATING DISORDER RECOVERY: FOR REAL AND MEANINGFUL MENTAL FREEDOM](#)
11. [THE GIFTS OF IMPERFECTION: LET GO OF WHO YOU THINK YOU'RE SUPPOSED TO BE AND EMBRACE WHO YOU ARE](#)
12. [ED SAYS U SAID: EATING DISORDER TRANSLATOR](#)
13. [DECODING ANOREXIA: HOW BREAKTHROUGHS IN SCIENCE OFFER HOPE FOR EATING DISORDERS](#)
14. [THROWING STARFISH ACROSS THE SEA A POCKET-SIZED CARE PACKAGE FOR THE PARENTS OF SOMEONE WITH AN EATING DISORDER](#)
15. [HELP YOUR TEENAGER BEAT AN EATING DISORDER](#)
16. [WHEN YOUR TEEN HAS AN EATING DISORDER: PRACTICAL STRATEGIES TO HELP YOUR TEEN RECOVER FROM ANOREXIA, BULIMIA AND BINGE EATING](#)
17. [HOW TO NOURISH YOUR CHILD THROUGH AN EATING DISORDER](#)

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18. [UNPACK YOUR EATING DISORDER: THE JOURNEY TO RECOVERY FOR ADOLESCENTS IN TREATMENT FOR ANOREXIA NERVOSA AND ATYPICAL ANOREXIA NERVOSA](#)
19. [OVERCOMING BINGE EATING: THE PROVEN PROGRAM TO LEARN WHY YOU BINGE AND HOW YOU CAN STOP](#)
20. [SURVIVE FBT: SKILLS MANUAL FOR PARENTS UNDERTAKING FAMILY BASED TREATMENT \(FBT\) FOR CHILD AND ADOLESCENT ANOREXIA NERVOSA](#)
21. [EATING WITH YOUR ANOREXIC: A MOTHER'S MEMOIR](#)
22. [SICK ENOUGH: A GUIDE TO THE MEDICAL COMPLICATIONS OF EATING DISORDERS](#)
23. [UNDERSTANDING ANOREXIA NERVOSA IN MALES](#)
24. [THE INVISIBLE LOAD: A GUIDE TO OVERCOMING STRESS & OVERWHELM](#)
25. [HER BODY CAN \(4-8 YEARS\)](#)
26. [8 KEYS TO RECOVERY FROM AN EATING DISORDER: EFFECTIVE STRATEGIES FROM THERAPEUTIC PRACTICE AND PERSONAL EXPERIENCE](#)
1. [PLEASE EAT... A MOTHER'S STRUGGLE TO FREE HER TEENAGE SON FROM ANOREXIA](#)
2. [LIFE WITHOUT ED: HOW ONE WOMAN DECLARED INDEPENDENCE FROM HER EATING DISORDER AND HOW YOU CAN TOO](#)
3. [LOVING SOMEONE WITH AN EATING DISORDER: UNDERSTANDING, SUPPORTING AND CONNECTING WITH YOUR PARTNER](#)
4. [COGNITIVE-BEHAVIORAL THERAPY FOR AVOIDANT/RESTRICTIVE FOOD INTAKE DISORDER: CHILDREN, ADOLESCENTS AND ADULTS](#)