



Top 30 Eating Disorder Books

Recommended by EDFA Members

1. [Brave Girl Eating: The Inspirational True Story of One Family's Battle with Anorexia Nervosa](#)
2. [Straw Man: One Man Reflects on his Battle with Anorexia Nervosa](#)
3. [Skills-Based 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: A Mother's Memoir of Her Daughter's Battle with Anorexia Nervosa](#)
6. [Girl Called Tim: Escape From Eating Disorder Hell \(A Memoir Raising Awareness of Anorexia Nervosa\)](#)
7. [My Kid is Back: Empowering Parents to Beat Anorexia Nervosa](#)
8. [Eating Disorders in Childhood and Adolescence: Strengthening an Outsiders' Understanding Through a Clinical and Research Perspective](#)
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: Monitoring and Managing from a Families' Perspective](#)
16. [When Your Teen Has an Eating Disorder: Practical Strategies to Help Your Teen Recover from Anorexia, Bulimia, and Binge Eating](#)



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17. [How to Nourish Your Child Through an Eating Disorder: A Simple, Plate-by-Plate Approach to Rebuilding a Healthy Relationship with Food](#)
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. [Sick Enough: A Guide to the Medical Complications of Eating Disorders](#)
22. [Understanding Anorexia Nervosa in Males: An Integrative Approach](#)
23. [The Invisible Load: A guide to Overcoming Stress and Overwhelm](#)
24. [Her Body Can \(Four to Eight Years\): Self-love and Body Positive Statements](#)
25. [8 Keys to Recovery from an Eating Disorder : Effective Strategies from Therapeutic Practice and Personal Experience](#)
26. [Please eat...: A mother's struggle to free her teenage son from Anorexia](#)
27. [Life Without Ed: How One Woman Declared Independence from Her Eating Disorder and How You Can Too](#)
28. [Loving Someone with an Eating Disorder: Understanding, Supporting, and Connecting with Your Partner](#)
29. [Cognitive-Behavioral Therapy for Avoidant/Restrictive Food Intake Disorder: Children, Adolescents and Adults](#)
30. [Reflection In The Mirror - You Are Enough \(Book of Affirmations\)](#)