**Recommended Reading on Eating Disorders**

**Eating Disorders**

* *Hope with Eating Disorders: A self-help guide for parents, carers and friends of sufferers.* Lynn Crilly. (2019)
* *The A to Z of Eating Disorders*. Emma Woolf. (2017)
* *Starving in Search of Me: A Coming-of-age story of overcoming an eating disorder and finding self-acceptance*. Marissa LaRocca. (2018)
* *Hunger for Connection: Finding Meaning in Eating Disorders.* Alitta Kullman. (2018)
* *Befriending Your Body: A Self-Compassionate Approach to Freeing Yourself from Disordered Eating.* Ann Saffi Biasetti. (2018)
* *This Mean Disease: Growing Up in the Shadow of My Mother’s Anorexia Nervosa.* Daniel Becker. (2005)
* *Brave Girl Eating: A Family’s Struggle with Anorexia*. Harriet Brown. (2011)
* *Life without ED: How One Woman Declared Independence from Her Eating Disorder and How You Can Too*. Jenni Schaefer and Thom Rutledge. (2003)
* *Thin*. Lauren Greenfield. (2006)
* *Eating in the Light of the Moon: How women can transform their relationship with food through myths, metaphors, and storytelling*. Anita A. Johnston. (2000)
* *Healing Your Hungry Heart: Recovering from Your Eating Disorder*. Joanna Poppink. (2011)
* *Does Every Woman Have an Eating Disorder? Challenging Our Nation’s Fixation with Food and Weight.* Stacey M. Rosenfield. (2014)
* *How to Nourish Your Child through an Eating Disorder: A simple, plate-by-plate approach to rebuilding a healthy relationship with food.* Casey Crosbie & Wendy Sterling. (2018)
* *Running in Silence: My drive for perfection and the Eating Disorder that fed it*. Rachel Rose Steil. (2017)
* *Hungry: One Woman’s Battle with and Victory over Anorexia and Bulimia*. Jessica Skinner. (2010)
* *W.A.I.T.loss: The Keys to Food Freedom and Winning the Battle of the Binge*. Wendy Hendry. (2016)
* *The Binge Code: 7 Unconventional Keys to End Binge Eating & Lose Excess Weight.* Ali Kerr. (2017)
* *The Eating Disorders Sourcebook: A Comprehensive Guide to the Causes, Treatments, and Prevention of Eating Disorders.* Carolyn Costin. (2007)
* *Restoring Our Bodies, Reclaiming Our Lives: Guidance and Reflections on Recovery from Eating Disorders*. Aimee Liu. (2011)
* *Eat What You Love, Love What You Eat for Binge Eating: A Mindful Eating Program for Healing Your Relationship with Food and Your Body*. Michelle May and Kari Anderson. (2014)
* *8 Keys to Recovery from an Eating Disorder: Effective Strategies from Therapeutic Practice and Personal Experience.* Carolyn Costin & Gwen Schubert Grabb. (2011)
* *Binge Eating No More!: A 100% Medication Free Guide with Effective Strategies to Overcome Binge Eating Disorder Forever.* Nicholas Mayor. (2019)
* *Surviving an Eating Disorder: Strategies for Family and Friends*. Michele Siegel, Judith Brisman, and Margot Winshel. (2009)
* *100 Questions & Answers About Eating Disorders*. Carolyn Costin. (2007)
* *Lying in Weight: The Hidden Epidemic of Eating Disorders in Adult Women.* Trisha Gura (2008)
* *Wasted*. Maya Horbacher. (2006)
* *Intimacy Anorexia: The Hidden Addiction in Your Marriage*. Douglas Weiss. (2011)
* *Living FULL: Winning My Battle With Eating Disorders*. Danielle Sherman-Lazar. (2019)
* *Unlocking the Mysteries of Eating Disorders: A Life-Saving Guide to Your Child’s Treatment and Recovery.* David Herzog, Debra L. Franko and Patti Cable. (2007)
* *Just Tell Her to Stop: Family Stories of Eating Disorders*. Becky Henry. (2011)
* *Reclaiming Yourself from Binge Eating: A Step-By-Step Guide to Healing*. Leora Fulvio. (2014)

**Emotional Eating and Food Addiction**

* *The Binge Eating and Emotional Eating Cure: The Secret Code for Eating Disorder Recovery, Never Binging Again and Ending Your Life-long Struggle with Food Addiction. Alison Taylor*. (2018)
* *Nourish: How to Heal Your Relationship with Food, Body, and Self*. Heidi Schauster. (2018)
* *Emotional Eating: How I learned to make my emotions work for me and win the battle against my eating disorder*. Nancy Mclaine. (2019)
* *Food Junkies: The Truth about Food Addiction.* Vera Tarman and Philip Werdell. (2014)
* *Love Food Love You: The Self Love Method to End Emotional Eating*. Sally Plevin. (2019)
* *Breaking the Stronghold of Food: How We Conquered Food Addictions and Discovered a New Way of Living*. Michael L. Brown and Nancy Brown. (2017)
* *Eat to Love: A Mindful Guide to Transforming Your Relationship with Food, Body, and Life*. Jenna Hollenstein. (2019)
* *Intuitive Eating: A Revolutionary Program that Works*. Evelyn Tribole and Elyse Resch. (2012)
* *Satisfied: A 90-Day Spiritual Journey Toward Food Freedom*. Dr. Rhona Epstein. (2018)
* *Mindful Eating; A Guide to Rediscovering a Healthy and Joy Relationship with Food*. Jan Chozen Bays. (2017)
* *When Food is Comfort: Nurture Yourself Mindfully, Rewire Your Brain, and End Emotional Eating*. Julie M. Simon and Omar Manejwala. (2018)
* *Eat to Love: A Mindful Guide to Transforming Your Relationship with Food, Body, and Life.* Jenna Hollenstein. (2019)
* *Why We Overeat and How to Stop*. Elizabeth Babcock. (2016)
* *Binge Eating Disorder: Food Addiction and Its Treatment*. David Colombo. (2019)

**Men and Boys**

* *Please eat . . .: A mother’s struggle to free her teenage son from anorexia.* Bev Mattocks. (2013)
* *Man Up to Eating Disorders*. Andrew Walen. (2014)
* *Skinny Boy: A Young Man’s Battle and Triumph Over Anorexia.* Gary A. Grahl. (2007)
* *The Adonis Complex: The Secret Crisis of Male Body Obsession*. Harrison G. Pope Jr., Katharine A. Phillips, Roberto Olivardia. (2000)
* *The Good Eater: The True Story of One Man’s Struggle with Binge Eating Disorder*. Ron Saxen. (2007)
* *The Boy Who Loved Apples: A Mother’s Battle with Her’s Son’s Anorexia*. Amanda Webster. (2012)

**Minorities**

* *Not All Black Girls Know How to Eat: A Story of Bulimia.* Stephanie Covington Armstrong. (2009)
* *My Thinning Years: Starving the Gay Within*. Jon Derek Croteau. (2014)
* *Looking Queer: Body Image in Lesbian, Bisexual, Gay, and Transgender Communities*. Dawn Atkins. (1996)

**Teens**

* *When Your Teen has an Eating Disorder: Practical Strategies to Help Your Teen Recover from Anorexia, Bulimia, and Binge Eating*. Lauren Muhlheim & Laura Collins. (2018)
* *Help Your Teenager Beat an Eating Disorder*. James Lock and Daniel Le Grange. (2005)
* *Just as You Are: A Teen’s Guide to Self-Acceptance and Lasting Self-Esteem.* Michelle Skeen and Kelly Skeen. (2018)
* *The Body Image Survival Guide for Parents: Helping Toddlers, Tweens, and Teens Thrive*. Marci Warhaft-Nadler. (2012)

**Body Image and Dysmorphia**

* *Hunger: A Memoir of (My) Body*. Roxane Gay. (2017)
* *Embody: Learning to Love Your Unique Body (and quiet that critical voice!).* Connie Sobczak. (2014)
* *Shattered Image: My Triumph Over Body Dysmorphic Disorder*. Brian Cuban. (2013)
* *Health At Every Size: The Surprising Truth About Your Weight.* Linda Bacon. (2010)
* *Body Kindness: Transform Your Health from the Inside Out – and Never Say Diet Again*. Rebecca Scritchfield. (2016)
* *Body Respect: What Conventional Health Books Get Wrong, Leave Out, and Just Plain Fail to Understand about Weigh*t. Linda Bacon. (2014)
* *Beautiful You: A Daily Guide to Radical Self-Acceptance*. Rosie Molinary. (2010)
* *Big Girl: How I Gave Up Dieting and Got a Life*. Kelsey Miller. (2016)
* *The Gifts of Imperfection: Let Go of Who You Think You’re Supposed to Be and Embrace Who You Are*. [Brené Brown](https://www.amazon.com/Bren%25C3%25A9-Brown/e/B001JP45BA/ref%3Ddp_byline_cont_book_1). (2010)
* *The Body is Not an Apology: The Power of Radical Self-Love.* Sonya Renee Taylor. (2018)
* *Body Positive Power: How to stop dieting, make peace with body and live.* Megan Jayne Crabbe. (2017)
* *I’m Beautiful? Why Can’t I See It?: Daily Encouragement to Promote Healthy Eating & Positive Self-Esteem*. Kimberly Davidson. (2006)
* *Things No One Will Tell Fat Girls: A Handbook for Unapologetic Living.* Jes Baker. (2015)
* *Compared to Who?: A Proven Path to Improve Your Body Image*. Heather Creekmore. (2017)
* *Love Your Body: The Imperfect Girl’s Guide to Positive Body Imperfect Body Image.* Elizabeth Walling. (2015)
* *Appearance Anxiety: A Guide to Understanding Body Dysmorphic Disorder for Young People, Families and Professionals*. The National and Specialist OCD, BDD and Related Disorders Service. (2019)
* *The Adonis Complex: How to Identify, Treat and Prevent Body Obsession in Men and Boys*. Harrison G. Pope, Katharine A. Phillips, Roberto Olivardia. (2002)
* *The Broken Mirror: Understanding and Treating Body Dysmorphic Disorder.* Katharine A. Phillips. (2005)
* *You Are Enough: Your Guide to Body Image and Eating Disorder Recovery*. Jen Petro-Roy. (2019)
* *Conquer your Food Addiction: The Ehrlich 8-Step Program for Permanent Weight Loss*. Caryl Ehrlich. (2003)
* *Understanding Teen Eating Disorders: Warning Signs, Treatment Options, and Stories of Courage*. Cris E. Haltom, Cathie Simpson, and Mary Tantillo. (2018)

**Young Adult Books on Eating Disorders**

* *Paperweight*. Meg Haston. (2017)
* *Fat Chance*. Lesléa Newman. (1996)
* *Believarexic*. J.J. Johnson. (2017)
* *Dumplin*. Julie Murphy. (2017)
* *Just Listen*. Sarah Dessen (2008)
* *Elena Vanishing: A Memoir*. Elena Dunkle and Clare B. Dunkle. (2016)
* *The Drama Years: Real Girls Talk About Surviving Middle School – Bullies, Brands, Body Image and More*. Haley Kilpatrick and Whitney Joiner. (2012)
* *Massive.* Julia Bell. (2006)
* *Perfect*. Natasha Friend. (2004)
* *Letting Ana Go*. Anonymous. (2013)
* *Sad Perfect.* Stephanie Elliot. (2018)

**Recommended Podcast on Eating Disorders**

*Single Episode*

* My past trauma keeps me bingeing: Love Food Podcast Episode 123 (<http://www.juliedillonrd.com/lovefood123/?doing_wp_cron=1550250261.6836040019989013671875>)
* Disordered Eating: A Search for Wholeness with Jodie Gale, Episode 9

(<https://lourdesviado.com/09-disordered-eating-a-search-for-wholeness-with-jodie-gale/>)

* Fighting the Stigma of Mental Illness and Eating Disorders. Life Unrestricted, Episode 60 (<https://www.lifeunrestricted.org/tag/addiction/>)
* A Holistic Approach to Overcoming Disordered Eating with Aglaée Jacob. The Ancestral RDs Podcast, Episode 119 (<https://kelseykinney.com/podcast-a-holistic-approach-to-overcoming-disordered-eating-with-aglaee-jacob/>)
* Overcoming Food Addictions and Eating Disorders. Cleaning up the mental mess with Dr. Caroline Leaf, Episode 17 (<http://podcast.drleaf.com/e/episode-17-overcoming-food-addictions-and-eating-disorders/>)
* Combating Eating Disorders with Caroline Adams Miller. The Wisdom Coalition Podcast, Episode 39 (<https://soundcloud.com/thewisdomcoalitionpodcast-wellofwisdom/wow-39-combating-eating-disorders>)
* The Pendulum Swing from Binge Eating to Orthorexia with Molly Alliman. Love Your Bod Podcast, Episode 8 (<https://anchor.fm/love-your-bod-pod/episodes/8-The-Pendulum-Swing-From-Binge-Eating-to-Orthorexia-w-Molly-Alliman-e2dibd>)
* Is my healthy eating a problem? Love Food Podcast, Episode 105 (<http://www.juliedillonrd.com/lovefood105/?doing_wp_cron=1560037286.6832160949707031250000>)
* How to Make Peace With Food & Your Body. Don’t Salt My Game Podcast, Episode 64 (<http://www.laurathomasphd.co.uk/podcast/megancrabbe/>)

# Body Image, Self Compassion & ‘Food Addiction. Don’t Salt My Game Podcast, Episode 70 (<http://www.laurathomasphd.co.uk/podcast/ep70-body-image-self-compassion-food-addiction-w-marci-evans-marci-rd/>)

# Navigating eating disorder recovery in a relationship. Owe it Babe Podcast, Episode 35 (<https://ownitbabe.ca/navigating-eating-disorder-recovery-in-a-relationship/>)

# Why most eating disorders and disordered eating go unnoticed with Dr. Jennifer Gaudiani. Owe it Babe Podcast, Episode 31 (<https://ownitbabe.ca/why-most-eating-disorders-and-disordered-eating-go-unnoticed/>)

* Binge Eating And Emotional Eating – The Experience Of An Olympic Athlete. The Model Health Show, Episode 8 (<https://themodelhealthshow.com/eat360/>)
* Overcoming OCD and Body Dysmorphic Disorder with Rob Willson. The OCD Stories Podcast, Episode 69 (<https://theocdstories.com/podcast/rob-willson-overcoming-ocd-and-bdd/>)
* Emotional Eating + Compulsive Overeating - An Opal: Food+Body Wisdom Podcast, The Appetite Episode #52 (<https://www.opalfoodandbody.com/the-appetite-episode-52-overeating/>)
* Men and Eating Disorders: Patrick Devenny’s Recovery Story - An Opal: Food+Body Wisdom Podcast, The Appetite Episode #33 (<https://www.opalfoodandbody.com/the-appetite-episode-33-men-and-eating-disorders-patrick-devennys-recovery-story/>)
* Stigma, Fatness, & an Intersectional Lens into Eating Disorders - An Opal: Food+Body Wisdom Podcast, The Appetite Episode #7 (<https://www.opalfoodandbody.com/appetite-interview-erin-harrop/>)
* In the Grip of Anorexia: The Untold (<https://www.bbc.co.uk/programmes/b091sxqx>)
* Eating Disorders, Binge Eating & Body Image with Jake Linardon, PhD. Sigma Nutrition Radio #281 (<https://sigmanutrition.com/episode281/>)
* Eating Disorders in Children and Adolescents with Dr. Anna Tanner, Episode 107 (<https://www.edcatalogue.com/episode-107-dr-anna-tanner-eating-disorders-children-adolescents/>)
* Eating Disorders in Kids and Teens. aParently Speaking Podcast, Episode 222 (<https://www.iheart.com/podcast/269-northeast-ohio-parent-pres-30639276/episode/podcast-episode-22-eating-disorders-in-30639355/>)
* Eating disorders: Patients, families and doctors talk about the road to recovery. Woman’s Hour (<https://www.bbc.co.uk/programmes/b08wmk25>)
* Dying to be Thin: Anorexia and Bulimia. MOWE Podcast (<https://mowe.blog/podcast/dying-to-be-thin-anorexia-and-bulimia/>)
* Warning signs of eating disorder in teen girls with Dr. Moali, Episode 11 (<https://nicolecburgess.com/podcast/eating-disorders-and-teens/>)
* Cravings And Food Addiction. Real Health Radio, Episode 5 (<http://www.seven-health.com/2018/11/005-cravings-and-food-addiction-2/>)
* Food Junkies, The Truth About Food Addiction. Underground Wellness Podcast #309 (<http://undergroundwellness.com/podcast-309-food-junkies-the-truth-about-food-addiction/>)
* I am addicted to food. Love Food Podcast, Episode 6 (<http://www.juliedillonrd.com/love-food-podcast-episode-6-i-am-addicted-to-food/?doing_wp_cron=1560055222.4900629520416259765625>)
* Battling Back From A Food Addiction. NPR: News & Notes (<https://www.npr.org/templates/story/story.php?storyId=94761977>)
* From Overeating To A Full Blown Food Addiction. NPR: News & Notes (<https://www.npr.org/templates/story/story.php?storyId=94760771>)
* Food Addiction & The Hunger Fix. The Addicted Podcast, Episode 35 (<http://theaddictedmind.com/episode-35-food-addiction-the-hunger-fix/>)
* The Neuroscience of Food Addiction with Dr. Nicole Avena. Muscle Expert Podcast #148 ([https://radiopublic.com/muscle-expert-podcast-ben-pakuls-GA53xP/ep/s1!265c4](https://radiopublic.com/muscle-expert-podcast-ben-pakuls-GA53xP/ep/s1%21265c4))
* Body Image, Episode 3. An episode of Therapy Thoughts (<https://anchor.fm/therapythoughts/episodes/Episode-3-Body-Image-e1bqui>)
* Boost Your Body Acceptance For Better Health. NPR: Life Kit (<https://www.npr.org/2019/04/25/717058366/rethinking-weight-loss-boost-your-body-acceptance-for-better-health>)
* Trust Your Gut: A Beginner's Guide To Intuitive Eating. NPR: Life Kit (<https://www.npr.org/2019/05/23/726236988/trust-your-gut-a-beginners-guide-to-intuitive-eating>)
* Fighting An Eating Disorder When It's 'Hard To Want To Get Better.' All Things Considered. (<https://www.npr.org/2017/11/14/562878894/fighting-an-eating-disorder-when-its-hard-to-want-to-get-better>)
* Inner Wisdom: An Eating Disorder Recovery Story with Sarah Taylor. An Opal: Food+Body Wisdom Podcast, The Appetite Episode #20. (<https://www.opalfoodandbody.com/eating-disorder-recovery-story-sarah-taylor/>)
* Eating Disorders and Substance Abuse. Recovered Podcast #998 (<https://recoveredcast.com/uncategorized/eating-disorders-and-substance-abuse-recovered-998/>)
* Eating Disorder Recovery & Shifting How We Cope With Stress with Mary Jelkovsky. Liveng Proof Podcast #63 (<http://livengproof.com/lpp-63-eating-disorder-recovery-shifting-how-we-cope-with-stress-with-mary-jelkovsky/>)
* Boys & Body Image. Sound Bites Podcast, Episode 95 (<https://www.soundbitesrd.com/boys-body-image-heather-mangieri-amy-reed/>)
* How to raise a girl with a healthy body image. Your Parenting Mojo Podcast, #49. (<https://yourparentingmojo.com/beauty/>)
* How to Have Body Positive Conversations About Healthy Eating. The New Family Podcast, #223 (<http://thenewfamily.com/2019/03/podcast-episode-223-how-to-have-body-positive-conversations-about-healthy-eating/>)
* The internet affects our body image and dealing with negative thoughts with Dr. Michael Levine Life Unrestricted Podcast #72. (<https://www.lifeunrestricted.org/lu072/>)
* Eating Disorders and Mental Health with Courtney Simpson. Why Science Podcast, Episode 16 (<https://cobe.vcu.edu/podcast/episode-16-eating-disorders-and-mental-health-with-courtney-simpson/>)
* [The Neurobiology of Eating Disorders with Dr. Jillian Lampert, Anthrodish Podcast, Episode 41 (](https://www.anthrodish.com/episodes/jillianlampert)<https://www.anthrodish.com/episodes/jillianlampert?rq=eating%20disorders>)
* Eating Disorder Recovery with Dr. Andrea LaMarre, Anthrodish Podcast, Episode 25 (<https://www.anthrodish.com/episodes/andrealamarre?rq=eating%20disorders>)
* African-Americans and Eating Disorders: NPR News & Notes (<https://www.npr.org/templates/story/story.php?storyId=89184727>)
* How Vulnerability, Empathy, and Inward Looking Saved My Life -You, Me, Empathy: Episode 78: (Trigger Warning: For those who struggle with eating disorders or body image, there are some triggering words in this episode)

(<https://nonwels.com/writing/you-me-empathy-vulnerability-saved-my-life>)

* The Science of Eating Disorders: Why People Get Anorexia Nervosa (<https://completehumanperformance.com/2015/09/11/eating-disorder-podcast/>)

*Continuous Episodes*

* The Emily Program: Eating Disorders (<https://emilyprogram.com/tag/podcast/>)
* The Eating Disorder Recovery Podcast with Dr. Janean Anderson (<https://eatingdisorderrecoverypodcast.podbean.com/>)
* The Recovery Warrior Podcast (<https://podcasts.apple.com/us/podcast/the-recovery-warrior-show/id881265212?mt=2>)
* Food Psych Podcast (<https://christyharrison.com/foodpsych>)
* Illuminating Anorexia, Eating, Self & Body issues with Michelle Sparkes (<https://www.stitcher.com/podcast/michelle-sparkes/illuminating-anorexia-eating-self-body-issues?refid=stpr>)
* **Body Kindness Podcast: Body Positivity and Activism with Rebecca Scritchfield (**<https://www.bodykindnessbook.com/podcast-themes-body-positivity-and-fat-activism/>**)**
* **Body Kindness Podcast:** Diet Culture **with Rebecca Scritchfield (**<https://www.bodykindnessbook.com/podcast-themes-diet-culture/>**)**
* **Body Kindness Podcast:** Weight Stigma Research **with Rebecca Scritchfield (**<https://www.bodykindnessbook.com/podcast-themes-weight-stigma-research/>**)**
* Life Unrestricted Podcast: Boost your body image and recover from food & exercise madness (<https://www.stitcher.com/podcast/meret/life-unrestricted-podcast>)
* You Can Eat with Us with Cara Harbstreet (<http://www.libreconnections.com/podcast/>)
* Dare to not Diet with Glenys Oyston. (<https://daretonotdiet.wordpress.com/category/podcast/>)
* All Fired Up. (<http://untrapped.libsyn.com/>)
* Fearless Rebelle Radio with Summer Innanen (<https://www.stitcher.com/podcast/fearless-rebel-radio/fearless-rebelle-radio>)
* The BodyLove Project Podcast (https://www.jessihaggerty.com/blppodcast/)
* Food Heaven Podcast (https://foodheavenmadeeasy.com/podcast/)
* Body Talk (<https://player.fm/series/body-talk>)
* Psychology of Eating (<https://podcasts.apple.com/us/podcast/psychology-of-eating/id987724897>)
* The No Sugarcoating Podcast (<https://player.fm/series/the-no-sugarcoating-podcast-2394136>)
* How to Love Your Body (<https://player.fm/series/how-to-love-your-body-2360915>)
* Body Kindness: Intuitive Eating (https://www.bodykindnessbook.com/podcast-themes-intuitive-eating/)
* Body Kindness: Body Positivity and Fat Activism (https://www.bodykindnessbook.com/podcast-themes-body-positivity-and-fat-activism/)

**Recommended Twitter Accounts on Eating Disorders**

@NEDAstaff

@TheProjectHEAL

@EDHopeGlobal

@EDCoalition

@AllianceforEDA

@RecovryWarriors

@IMTforEDs

@OvercomingFA

@thebodypositive

@UCSD\_EDC

**@**MarciRD

**Facebook**

Health, Not Diets

https://www.facebook.com/HealthNotDiets/

Beating Eating Disorders

https://www.facebook.com/beatingeds/

Body Image Movement

<https://www.facebook.com/bodyimagemovement/>

Project Heal

<https://www.facebook.com/ProjectHEAL/>

The Body Positive

<https://www.facebook.com/thebodypositive>

Know my worth

<https://www.facebook.com/2knowmyworth>

Not on a diet

<https://www.facebook.com/EDRDpro/>

**Instagram**

@benourishedpdx

@beating\_binge\_eating

@positivebodyimage

@recovrywarriors

@proud2BmeUS

@nourishandeat

@thefriendineverwanted

@transfolxfightingeds

@nonnormativebodyclub

@dietitiananna

**Recommended Blogs on Eating Disorders**

Eating Disorder Hope

<https://www.eatingdisorderhope.com/blog>

Angie Viets: Inspired Recovery

<https://www.angieviets.com/>

I Haven’t Shaved in 6 Weeks

<https://ihaventshavedinsixweeks.com/>

Nalgona Positivity Pride

<https://www.nalgonapositivitypride.com/>

Trans Folx Fighting Eating Disorders

<https://www.transfolxfightingeds.org/home>

The Project Heal

<https://www.theprojectheal.org/healblog>

Eating Recovery Center

<https://www.eatingrecoverycenter.com/blog/>

Let’s Queer Things Up

<https://letsqueerthingsup.com/>

Jenni Schaefer Blog

<https://jennischaefer.com/>

The Friend I Never Want(ED)

<http://thefriendineverwanted.com/category/ed-recovery/>

More Love

<https://more-love.org/>

Your Bulimia Recovery Blog

<https://www.bulimiafree.com/bulimia-recovery-blog/>

Fighting Anorexia

<http://fighting-anorexia.blogspot.com/>

Food for Thought

<http://foodforthoughtanorexia.blogspot.com/>

Recovery from Anorexia

<http://recoveryfromanorexia.com/blog/>

Follow the Intuition

<https://followtheintuition.com/blog/>

Empowered Eating

<https://empoweredeatingrd.com/blog/>

OC87 Recovery Diaries: Stories of mental health, empowerment and change

<https://oc87recoverydiaries.org/eating-disorders/>

**Recommended Apps supporting Eating Disorder Recovery**

If you are in recovery from an eating disorder and looking for some helpful tools to support your efforts, consider checking out the following apps:

**Recovery Record: Eating Disorder Management**

This app allows you to connect with treatment professionals you might be working with in an outpatient setting. You have the capacity to track your meals, as way as document how you are feeling throughout the day. This can be a wonderful accountability source, especially as you can communicate with your treatment team.

**Rise Up and Recover**: **An Eating Disorder Monitoring and Management Tool for Anorexia, Bulimia, Binge Eating, and EDNOS**

This app allows you to connect with inspiration throughout the day through positive images and aspirations. You can also track your meals and emotions and export files to share with any member of your treatment team.

**Optimism**

This app helps you track how you are feeling throughout the day, helping you understand possible triggers that may be affecting your eating disorder.

**iTakeControl Binge**

This app combines tools that allow you to monitor your own behavior and patterns that trigger binge episodes, and enables you to interact with a social community, learning modules, coping strategies, and other tools to personalize your own path to recovery.

**Eating D**

This app helps you code thoughts surrounding your eating disorder so you can get to grips with how often they occur. It also uses cognitive behavioral techniques to challenge your food worries with useful tips on how to manage stress and anxiety surrounding your diet.

**Before I eat**

This app aims to help you manage your urges, cravings and compulsive thoughts as they occur. You'll also be able to set and track goals and achievements and access countdown timers and motivational quotes to help you get through a rough patch.

**Body Beautiful**
This app is designed to [encourage body positivity](https://www.webpsychology.com/news/2016/01/14/best-apps-those-suffering-eating-disorders-252301%22%20%5Ct%20%22_blank).

**Jourvie**
This app is designed to help users [feel more positively](https://www.buzzfeed.com/maggyvaneijk/17-amazing-apps-for-anyone-recovering-from-an-eating-disorde?utm_term=.vtg9wXRQV" \l ".nn86ZbMyD" \t "_blank) about food. The platform includes a diary feature wherein individuals can make notes about their development, their feelings, coping strategies and so on.

**Recommended Videos on Eating Disorders**

**Eating Disorders**

Eating Disorders: Jo’s Story | Fixers UK

<https://www.youtube.com/watch?v=9FlPSiTT50g>

Fat Girls Can’t Have Eating Disorders | Loey Lane

<https://www.youtube.com/watch?time_continue=13&v=Y6tkW5QQIU8>

What is Eating Disorder Recovery? | [Melissa A. Fabello, PhD](https://www.youtube.com/channel/UCmo8tRsZdQo5zX1_HA4DWHw)

<https://www.youtube.com/watch?v=qZD8Mos9zTQ>

5 Ways to Help Someone with an Eating Disorder | Kati Morton

<https://www.youtube.com/watch?v=LrtD5HLovqY>

10 Things You Didn’t Know About Eating Disorders | Kendall Rae

<https://www.youtube.com/watch?time_continue=4&v=tcwxnJPRz9M>

My Eating Disorder Story | Elle Tayla

<https://www.youtube.com/watch?v=hjm3XTMEUAM> (Warning graphic image)

Champion: Uphill Battle | NCAA

<https://www.youtube.com/watch?time_continue=4&v=hYvlCii_CIs>

I didn’t know I had an Eating Disorder | As/Is

<https://www.youtube.com/watch?time_continue=5&v=ljyExHVsZFg>

Dying to be Thin | Su-Mei Thompson

<https://www.youtube.com/watch?v=9QHL6IwY0HA>

10 Myths about Eating Disorders | Chris Henrie

<https://www.youtube.com/watch?v=uDqZUcPyoto>

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<https://www.youtube.com/watch?v=1nExiCDweKc>

Diabulimia: The World's Most Dangerous Eating Disorder | BBC Three

<https://www.youtube.com/watch?v=tSLjM6cZaTo>

Anorexic to athlete: my story | Lara Rebecca

<https://www.youtube.com/watch?v=c3uRjM4p2Kc>

Overcoming Eating Disorders, Season 11 Episode 21 | Connections, PBS

<https://www.pbs.org/video/wkgb-connections-overcoming-eating-disorders/>

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Anorexia: A Boy in a Girl's World | BBC Newsbeat

<https://www.youtube.com/watch?time_continue=1&v=vUHJOFE-JnA>

For Boys With Eating Disorders, Finding Treatment Can Be Hard | NPR, Morning Edition

<https://www.npr.org/sections/health-shots/2013/10/07/229164585/for-boys-with-eating-disorders-finding-treatment-can-be-hard>

**Body Image**

Enough with the fear of fat | Kelli Jean Drinkwater

<https://www.ted.com/talks/kelli_jean_drinkwater_enough_with_the_fear_of_fat>

Plus-size? More like my size | Ashley Graham

<https://www.ted.com/talks/ashley_graham_plus_size_more_like_my_size>

Our dangerous obsession with perfectionism is getting worse | Thomas Curran

<https://www.ted.com/talks/thomas_curran_our_dangerous_obsession_with_perfectionism_is_getting_worse>

Kitty on Body Dysmorphia, Anorexia, Bulimia & Recovery | Project UROK

<https://www.youtube.com/watch?v=8wqSHhn7Wpo>

Body Shaming | Carrie Hope Fletcher

<https://www.youtube.com/watch?time_continue=4&v=vlkeKtkdYzY>

Male Body Image: The Naked Truth, Series 1 Episode 3 | BBC Three (Viewer discretion advised)

<https://www.youtube.com/watch?v=1Q2uXAp8ORk&list=PL64ScZt2I7wGB9Gzm7PFEPx59rThZFXM0&index=3>

Life in Balance: Negative body image fueled by ads, social media | KTVB

<https://www.ktvb.com/video/news/health/life-in-balance-negative-body-image-fueled-by-ads-social-media/277-2879907>

Girls Ages 6-18 Talk About Body Image | Allure

<https://www.youtube.com/watch?v=5mP5RveA_tk>

Stripping away negative body image | Lillian Bustle

<https://www.youtube.com/watch?time_continue=1&v=ME-c0l8oTkY>

Body Positivity or Body Obsession? Learning to See More & Be More | Lindsay Kite

<https://www.youtube.com/watch?v=uDowwh0EU4w>

I Am Fat - How to Be Confident and Love Your Body at Any Size | Victoria Welsby

<https://www.youtube.com/watch?v=w_Ml3yr32bU>

What Comes After Loving Yourself? Advice from a Fat Fly Brown Girl | Yesika Salgado

<https://www.youtube.com/watch?v=2oP3STw2jC8>

Befriending Our Bodies | Jon Zabat-Zinn

<https://www.youtube.com/watch?v=eFAsnamhlEE>

**Dieting/Food Addiction/Minorities/Other**

Why dieting usually doesn’t work | Sandra Aamodt

<https://www.ted.com/talks/sandra_aamodt_why_dieting_doesn_t_usually_work>

A Simple Way to Break a Bad Habit | Judson Brewer

<https://www.ted.com/talks/judson_brewer_a_simple_way_to_break_a_bad_habit>

The brain in your gut | Heribert Watzke

<https://www.ted.com/talks/heribert_watzke_the_brain_in_your_gut>

Eat What You Love, Love What You Eat | Michelle May

<https://www.youtube.com/watch?v=xmRStcJ_LEQ>

Confessions of a Sugar Addict in a Sugar-Laden World | Laura Marquis

<https://www.youtube.com/watch?v=OzAtedK_tpg>

The Fiction that Helped Laura Freeman Recover from Anorexia | Culture, BBC

http://www.bbc.com/culture/story/20190523-the-fiction-that-helped-laura-freeman-recover-from-anorexia

Marginalized Voices and Eating Disorders | NEDA

<https://www.youtube.com/watch?v=OU768PVZvgY>

Race and Body Image: African-American Women | Chicago Tonight, PBS

<https://www.pbs.org/video/chicago-tonight-archive-race-and-body-image-african-american-women/>

Race and Body Image: Hispanic Women | Chicago Tonight, PBS

<https://www.pbs.org/video/chicago-tonight-archive-race-and-body-image-hispanic-women/>

Race and Body Image: Asian-American Women | Chicago Tonight, PBS

<https://www.pbs.org/video/chicago-tonight-archive-race-and-body-image-asian-women/>

Race and Body Image: Caucasian Women | Chicago Tonight, PBS

<https://www.pbs.org/video/chicago-tonight-archive-race-and-body-image-caucasian-women/>

Race and Body Image: Muslim Women | Chicago Tonight, PBS

<https://www.pbs.org/video/chicago-tonight-archive-race-and-body-image-muslim-women/>

Why we must stop ignoring the psychology of weight loss | Alisa Anokhina

<https://www.youtube.com/watch?v=NWfqBy4sSD8>

7 Things I Learned From Practicing Intuitive Eating | Follow the Intuition

<https://www.youtube.com/watch?v=P8RDVNPyfgA>