Recommended References for Anorexia:

Here is a list of highly recommend books, websites and videos on eating disorder and treatment. This list is in no way exhaustive as wonderful new content is constantly being published.

- [www.maudsleyparents.org](http://www.maudsleyparents.org)
- [www.FEAST-ED.org](http://www.FEAST-ED.org)
- [https://www.youtube.com/evamusby](https://www.youtube.com/evamusby) - Eva Musby videos, especially “Bungee Jump” and “Stuck and Not Eating”
- [https://www.nationaleatingdisorders.org/](https://www.nationaleatingdisorders.org/)
- [https://www.adolescenthealth.org/Resources/Clinical-Care-Resources/Mental-Health/Mental-Health-Resources-For-Parents-of-Adolescents.aspx](https://www.adolescenthealth.org/Resources/Clinical-Care-Resources/Mental-Health/Mental-Health-Resources-For-Parents-of-Adolescents.aspx)