

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.

- Lock, J. & LeGrange, D. Help your teenager beat an eating disorder. (2005). Guilford Publishers.
- Treasure, J., Smith, G. & Crane, A. Skills Based Learning for Caring for a Loved One with an Eating Disorder. (2007). Routledge Publishers.
- www.maudsleyparents.org
- www.FEAST-ED.org
- <https://www.youtube.com/evamusby> - Eva Musby videos, especially “Bungee Jump” and “Stuck and Not Eating”
- <https://www.nationaleatingdisorders.org/>
- <https://www.adolescenthealth.org/Resources/Clinical-Care-Resources/Mental-Health/Mental-Health-Resources-For-Parents-of-Adolescents.aspx>