Recommended Resources and Suggested Readings

**National Eating Disorder Association**
https://www.nationaleatingdisorders.org/

**Something Fishy: Website on Eating Disorders**
http://www.something-fishy.org/

**National Institute of Mental Health**

**Families Empowered and Supporting Treatment of Eating Disorders**
http://www.feast-ed.org/

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**Life Without Ed: How One Woman Declared Independence from Her Eating Disorder and How You Can Too**
Jenny Schaeffer, Thom Rutledge

**Gaining: The Truth About Life After Eating Disorders**
Aimee Liu

**Nourishing Your Daughter: Help Your Child Develop a Healthy Relationship with Food and Her Body**
Carol Beck

**Your Dieting Daughter: Is She Dying for Attention**
Carolyn Costin

**The Parent's Guide to Childhood Eating Disorders**
Marcia Herrin and Nancy Matsumoto

**When Food is Family: A Loving Approach to Heal Eating Disorders**
Judy Scheel

**Perfect Girls, Starving Daughters**
Courtney E Martin

**Why She Feels Fat: Understanding Your Loved One's Eating Disorder and How You Can Help**
Johanna Marie McShane and Tony Paulson