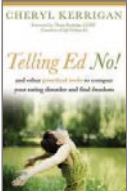
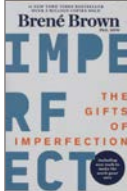
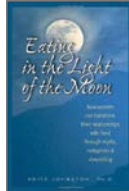
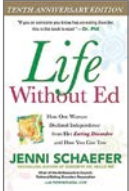
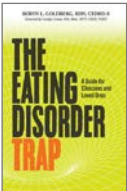
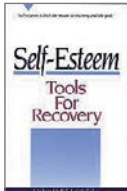
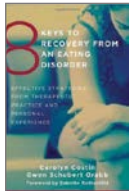
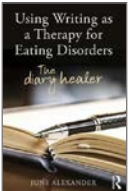
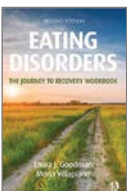

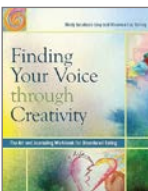
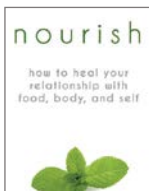
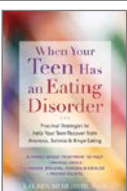
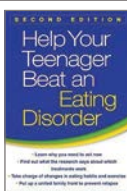
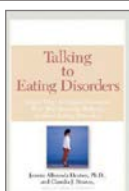
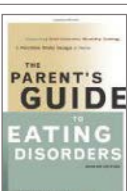

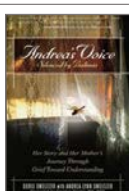
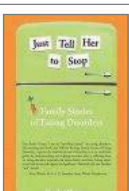


Recovery in Sport & Exercise



RECOMMENDED READING

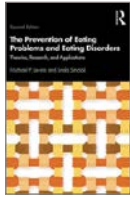
FOR STUDENTS	 <p>Telling Ed No! And Other Practical Tools to Conquer Your Eating Disorder and Find Freedom (Cheryl Kerrigan)</p>	 <p>The Gifts of Imperfection (Brené Brown)</p>	 <p>Eating in the Light of the Moon: How Women Can Transform Their Relationships with Food through Myths, Metaphors and ... (Anita Johnston)</p>	 <p>Life Without Ed: How One Woman Declared Independence from Her Eating Disorder and How You Can Too (Jenni Schaefer with Thom Rutledge)</p>
	 <p>The Eating Disorder Trap (Robyn Goldberg)</p>	 <p>Self-Esteem: Tools For Recovery (Lindsey Hall & Leigh Cohn)</p>	 <p>8 Keys to Recovery from an Eating Disorder: Effective Strategies from Therapeutic Practice and Personal Experience (Carolyn Costin)</p>	 <p>Using Writing as a Therapy for Eating Disorders (June Alexander)</p>
	 <p>Eating Disorders: The Journey to Recovery Workbook (Laura J. Goodman & Mona Villapiano)</p>	 <p>The Ritteroo Journal for Eating Disorders Recovery (Lindsey Hall)</p>	 <p>Finding Your Voice through Creativity (Mindy Jacobson-Levy & Maureen Foy-Torney)</p>	 <p>nourish how to heal your relationship with food, body, and self (Heidi Schuster)</p>
	FOR FAMILIES	 <p>When Your Teen Has an Eating Disorder (Lauren Muhleim)</p>	 <p>Help Your Teenager Beat an Eating Disorder (James Lock & Daniel LeGrange)</p>	 <p>Talking to Eating Disorders: Simple Ways to Support Someone with Anorexia, Bulimia, ... (Jeanne Albronda Heaton & Claudia J. Strauss)</p>
 <p>The Parent's Guide to Eating Disorders (Marcia Herrin & Nancy Matsumoto)</p>		 <p>Off the C.U.F.F.: A Parents Skills Book for the Management of Disordered Eating (Nancy Zucker)</p>	 <p>Andrea's Voice...Silenced by Bulimia (Doris Smeltzer with Andrea Lynn Smeltzer)</p>	 <p>Just Tell Her to Stop: Family Stories of Eating Disorders (Becky Henry)</p>

Recovery in Sport & Exercise

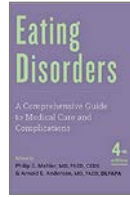


R E C O M M E N D E D R E A D I N G

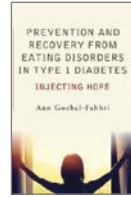
FOR PROFESSIONALS



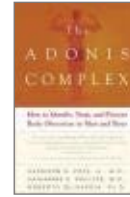
Prevention of Eating Problems and Eating Disorders (Michael Levine & Linda Smolak)



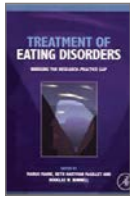
Eating Disorders: A Comprehensive Guide to Medical Care and Complications (Philip Mehler & Arnold Anderson)



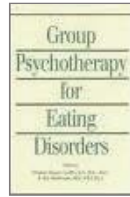
Prevention and Recovery from Eating Disorders in Type 1 Diabetes (Ann Goebel-Fabbri)



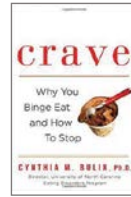
The Adonis Complex: How to Identify, Treat, and Prevent Body Obsession in Men and Boys (Harrison Pope, Katherine Phillips & Roberto Olivardia)



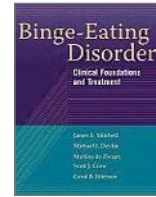
Treatment of Eating Disorders (Margo Maine & Beth Hartman McGilley)



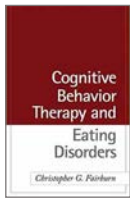
Group Psychotherapy for Eating Disorders (Heather Harper-Giuffre)



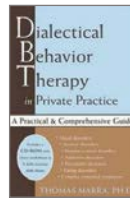
Crave: Why You Binge Eat and How to Stop (Cynthia Bulik)



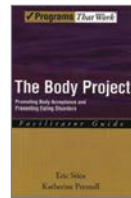
Binge-Eating Disorder: Clinical Foundations and Treatment (James Mitchell & Carol Peterson)



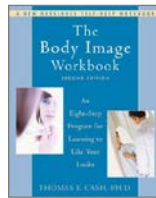
Cognitive Behavior Therapy and Eating Disorders (Christopher Fairburn)



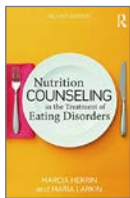
Dialectical Behavior Therapy in Private Practice (Thomas Marra)



The Body Project: Facilitator's Guide (Eric Stice & Katherine Presnell)



The Body Image Workbook (Thomas F. Cash)



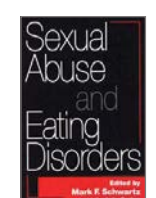
Nutrition Counseling in the Treatment of Eating Disorders (Marcia Herrin & Maria Larkin)



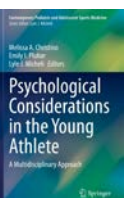
Eat Without Fear (Carolyn Becker, Nicholas Farrell, & Glenn Waller)



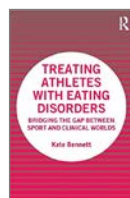
Cutting: Understanding and Overcoming Self-Mutilation (Steven Levenkron)



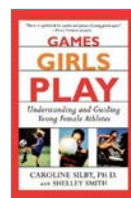
Sexual Abuse and Eating Disorders (Mark Schwartz & Leigh Cohn)



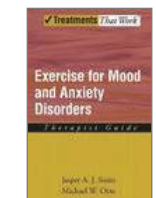
Psychological Considerations in the Young Athlete (Editors: Melissa Christino, Emily Pluhar, & Lyle Micheli)



Treating Athletes with Eating Disorders (Kate Bennett)



Games Girls Play (Caroline Silby with Shelley Smith)



Exercise for Mood and Anxiety Disorders (Michael Otto & A.J. Smitts)