

Suggested Reading

- Andersen, A., Cohn, L., & Holdbrook, T. (2000). *Making Weight, Healing Men's Conflicts with Food Weight, Shape and Appearance*. Carlsbad, CA: Gurze Books
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- Bruch, H. (2001). *The Golden Cage: The Enigma of Anorexia Nervosa*. Carlsbad, CA: Gurze Books.
- Bryne, K. (1989). *A Parents Guide to Anorexia & Bulimia: Understanding and Helping Self-Starvers and Binge-Purges*. Holt, Henry and Company, Inc.
- Costin, C. (1999). *Eating Disorders Sourcebook: a Comprehensive Guide to the Causes, Treatments, and Prevention of Eating Disorders*. Lincolnwood, IL: Lowell House.
- Gura, T. (2007). *Lying in Weight: The Hidden Epidemic of Eating Disorders in Adult Women*. New York, NY: HapperCollins Publishers, Inc
- Hall, L. & Cohn, L. (1999). *Bulimia: A guide to Recovery*. Carlsbad, CA: Gurze Books.
- Hall, L. & Ostroff, M. (1999). *Anorexia nervosa: a Guide to Recovery*. Carlsbad, CA: Gurze Books.
- Huber, C. & Shiver, J. (1998). *How You Do Anything Is How You Do Everything: A Workbook*. Chicago, IL: Independent Publishers Group.
- Johnston, A. (1996). *Eating in the Light of the Moon: How Women can Transform Their Relationships with Food through Myths, metaphors and Storytelling*. Carlsbad, CA: Gurze Books.
- Knapp, C. (2003). *Appetites: Why Women Want*. New York, NY: Counterpoint.
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- Maine, M. (1991). *Father Hunger: Fathers, Daughters and Food*. Carlsbad, CA: Gurze Books.
- Schaefer, J. (2009). *Goodbye Ed, Hello Me: Recover from Your Eating Disorder and Fall in Love with Your Life*. New York, NY: The McGraw-Hill Companies.

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Solomon, A. (2002). *The Noonday Demon: An Atlas of Depression*. New York, NY: Simon & Schuster Adult Publishing Group.

Williams, M., Teasdale, J., Segal, Z., and Kabat-Zinn, J. (2007). *The Mindful Way Through Depression: Freeing Yourself from Chronic Unhappiness*. New York, NY: Guilford Publications, Inc.

Zerbe, K. (1995) *Body Betrayed: A Deeper Understanding of Women, Eating Disorders and Treatment*. Carlsbad, CA: Gurze Books.