



## Books

**The 8 Keys to Eating Disorder Recovery: Effective Strategies from Therapeutic Practice and Personal Experience.** C. Costin & G. Schubert Grabb (2012)

**The Eating Disorder Sourcebook: A Comprehensive Guide to the Causes, Treatments, and Prevention of Eating Disorders.** C. Costin (2007)

**It's Not About Food: End Your Obsession With Food and Weight.** C. Emery Normandi & L. Roark (2008)

**The Body Myth: Adult Women and the Pressure to Be Perfect.** M. Maine & J. Kelly (2005)

**Life Without Ed: How One Woman Declared Independence from Her Eating Disorder and How You Can Too.** J. Schaefer (2004)

**Good Bye Ed, Hello Me: Recover from Your Eating Disorder and Fall in Love with Life.** J. Schaefer (2010)

**The Overcoming Bulimia Workbook.** R. McCabe, T. McFarlane & M. Olmstead (2003)

**Intuitive Eating.** E. Tribole & E. Resch (2012)

**The Body Image Workbook (2nd Edition).** T. Cash (2008)

## Websites

**Eating Disorders Manitoba: Treatment Services** [www.eatingdisordersmanitoba.ca](http://www.eatingdisordersmanitoba.ca)

**National Eating Disorder Information Centre** [www.nedic.ca](http://www.nedic.ca)

**Binge Eating Disorder Association** [www.bedaonline.com](http://www.bedaonline.com)

**Association for Size Diversity and Health** [www.sizediversityandhealth.org](http://www.sizediversityandhealth.org)

**Looking Glass Foundation: Online Peer Support** [www.chat.lookingglassbc.com](http://www.chat.lookingglassbc.com)