



Books

Body Image Workbook. T. Cash - Second Edition (2008)

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)

Websites

Eating Disorders Manitoba: Treatment Services
www.eatingdisordersmanitoba.ca

National Eating Disorder Information Centre
www.nedic.ca

Binge Eating Disorder Association
www.bedaonline.com

Association for Size Diversity and Health
www.sizediversityandhealth.org

Looking Glass Foundation: Online Peer Support
www.lookingglassbc.com/online-peer-support

..... Provincial Eating Disorder Prevention & Recovery Program RESOURCE LIST // SPRING 2018

**Main Office/
Administration**
419 Graham Ave., Unit A
Winnipeg, MB R3C 0M3

Birth Centre
603 St. Mary's Rd.
Winnipeg, MB
R2M 3L8

Phone 204-947-1517
Fax 204-943-3844
TTY 204-956-0385
Email whc@womenshealthclinic.org

womenshealthclinic.org

