

Eating Disorders – Patient Resources

Note that eating disorders are complex mental health disorders often seen in conjunction with other mental health diagnoses. Recovery is optimized in a specialized multi-disciplinary setting with the appropriate level of intensity and behavioural support for the client. These workbooks may be useful while awaiting multi-disciplinary treatment.

Workbooks *should be clinician-guided

ED Recovery

- **8 Keys to Recovery from an Eating Disorder**, Costin, Schubert Grabb, *Book (2011) and Workbook available (2017)
- **A Cognitive Interpersonal Therapy Workbook for Treating Anorexia Nervosa: The Maudsley Model**, Schmidt, Startup, & Treasure (2019).
- **The Anorexia Workbook**, Heffner, Eifert, & Hayes. (2004).
- **CBT for ARFID**, Patient and Family Workbook (2019), [Free Here](#).
- **CBT for Binge Eating Disorder Self-Help Manual**, (Mitchell). [Free here](#).
- **DBT Skills Workbook for Bulimia**, Astrachan-Fletcher, Maslar (2009).
- **DBT for Binge Eating Disorder and Bulimia**, Safer, Telch, & Chen. (2017).
- **Overcoming Binge Eating 2nd Edition: The Proven Program to Learn why you Binge and How you can Stop**, Christopher G. Fairburn (2013).
- **Overcoming Bulimia Workbook**, McCabe, McFarlane, Olmstead (2003).
- **Overcoming Disordered Eating Workbook**, Centre for Clinical Interventions, [Free here](#).
- **The Radically Open DBT Workbook for Eating Disorders: From overcontrol and loneliness to recovery and connection**, Hall et al. (2022).

Body Image

Body image work is ideally conducted after normalized eating and weight restoration have occurred.

- **Befriending your Body: A Self-Compassionate Approach to Freeing Yourself from Disordered Eating**, Ann Saffi Biasseti (2018).
- **My Body is not an Apology: The Power of Radical Self-Love**, Sonya Renee Taylor (2018).
*Readable and includes an intersectional lens to radical self-love and body empowerment. There is a book and workbook available, as well as an online community.
- **A Body Image Workbook for Every Body: A guide for Deconstructing Diet Culture and Learning how to Respect Nourish and Care for your Whole Self**, Sellers, Cole (2021).
- **The Body Image Workbook**, Cash (2008).
- **The Body Image workbook for teens: activities to help girls develop a healthy body image in an image-obsessed world.** (2014). Julia V. Taylor.
*Also the self-esteem workbook for teens, and intuitive eating workbook for teens.

Books

ED Recovery

- **Life Without ED: How one Woman Declared Independence from her Eating Disorder Fell in Love with Life**, Jeni Schaefer (2004). *ED lived experience, patient perspective
- **Goodbye ED, Hello Me: Recovery from your Eating Disorder and Fall in Love with Life**, Jeni Schaefer (2010). *Her 2nd book, patient perspective around identity in recovery, perfectionism

Nutrition, Anti-Diet and Weight

- **Body Kindness: Transform your health from the Inside out and never say diet again**, Rebecca Scritchfield, RDN (2016). *Readable and wholistic body neutral book.
- **Eat What you Love, Love what you Eat: How to break your eat-repent-repeat cycle**, Michele May MD (2011).
- **Eat What you Love, Love What you Eat for Diabetes**, May, Fletcher, 2nd Edition (2012), *Weight neutral, curiosity-based approach to diabetes management.
- **Eat What you Love, Love What you Eat for binge eating: A mindful eating program for healing your relationship with food and your body**, May, Anderson (2014).
- **Everything You've Been told about Weight Loss is Bull**#***. Louise Adams, PhD, and Fiona Willer, RD. *[Ebook](#) and online community designed to review weight science.
- **Food to Eat: Guided, hopeful, and trusted recipes for eating disorder recovery**, Lori Lieberman, Sangster (2012). *Cookbook

Body Image, Fatphobia and Weight Stigma

- **The Art of Body Acceptance: Strengthen your Relationship with Yourself through Therapeutic Creative Exercises**, Ashlee Bennett (2021). Written by a registered art therapist.
- **Beyond Beautiful: A practical Guide to Being Happy, Confident and You in a Looks-Obsessed World**, Anuschka Rees (2019).
- **Embody: Learning to Love your Unique Body (and quiet the critical voice)**. (2014). Connie Sobczak.
- **Fearing the Black Body: The Racial Origins of Fat Phobia**, Sabrina Strings (2019). *Not ED specific but psychoeducational. She describes the roots of fatphobia and explores the links between fatness, racial otherness, and female blackness.
- **More than a Body: Your Body is an Instrument not an Ornament**, Lexie Kite and Lindsay Kite (2020).
- **Things no one will tell fat girls: a handbook for unapologetic living**. (2015). Jes Baker.

Perfectionism

- **The Gifts of Imperfection**, Brene Brown (2022). *more broadly applicable to challenging perfectionism
- **Live a Little, Breaking the Rules Won't Break Your Health**. Love, Domar (2009). *Perfectionism with health. Emphasizes what is "good enough".

Podcasts

ED Recovery

- **Recovery Warriors** podcast, [access here](#), is a podcast for increasing the resilience of those experiencing depression, anxiety, and eating disorders. Interviews include everything from body trust and intuitive eating to pregnancy and sports.
- **Eating Disorder Recovery Speakers**, [access here](#), is a podcast that presents a recovery story one week and then the next week an interview with the person who told their story the previous week. Kristen Brunello is a recovery coach who is also in recovery from an eating disorder.
- **Eating Disorders Recovery Podcast** with Tabitha Farrar, [access here](#), provides a variety of content including recovery stories, personal stories, and interviews with leading experts in eating disorder treatment. Tabitha Farrar is an eating disorder recovery coach who recovered on her own from anorexia.
- **ED Matters**, [access here](#), is a podcast that provides information for people recovering from an eating disorder, their loved ones, and clinicians. Kathy Cortes interviews various experts in the treatment of eating disorders. You can listen to our very own Lauren Muhlheim, PsyD, on [this episode!](#)
- **The Eating Disorder Recovery Podcast** with Janean Anderson, [access here](#), is a podcast that presents information on recovery, cultural context, and interviews with experts in the eating disorder field. Janean Anderson is a psychologist who is recovered from anorexia.

Body Image, Weight Neutral and/or HAES focus

- **Food Psych** by Christy Harrison, [access podcast here](#), [Anti-Diet book here](#), [Wellness Trap book here](#), [Making Peace with Food Card Deck here](#). Her focus is on helping you make peace with food and your body. Christy Harrison, MPH, RD, CDN, interviews leaders in the body positivity and Health at Every Size® movements.
- **Dietitians Unplugged** Podcast, [access here](#)
- **How to Love your Body** podcast, [access here](#), Jenna and Lauren are co-founders of the Body Love society, certified intuitive eating counsellors and ex-dieters/binge eaters/food and weight obsessed women.
- **Body Kindness** with Rebecca Scritchfield, RDN, [access here](#), talks about topics centering how to show up with kindness for your body and to change diet culture.
- **Body Love Project** by Jessi Haggerty, [access here](#)
- **Fearless Rebelle Radio** with Summer Innanen, [access here](#) is a podcast dedicated to body positivity, self-worth, and feminism. Summer Innanen is a body image coach in Vancouver, BC who interviews leading experts in the body image and the anti-diet movement.
- **Love, Food** Podcast by Julie Duffy Dillon, [access here](#) for anyone with a complicated relationship with food who wants a different approach. Julie Duffy Dillon, RD, answers a letter each week that a listener has written to food wanting answers.
- **All Fired Up** podcast by Louise Adams, [access here](#)
- **Let us Eat Cake** podcast, [access here](#), Ali Eberhardt and Hannah Robinson are dietitians in Vancouver, BC, dedicated to ditching diet culture
- **Rebel Eaters Club** with Virgie Tovar, [access here](#), a podcast about breaking up with diet culture

- **Maintenance Phase**, [access here](#), by Michael Hobbes and Aubrey Gordon is a podcast that debunks the junk science behind health and wellness fads.
- **Heavy Conversation**, [access here](#), is a podcast by Bruce from Chubstr and Jody from Bear Skin, two plus size men. They discuss the issues ranging from finding clothes that fit, to dating, to the myth that fat people can't be active. Not ED specific.

Symptom and Nutrition Tracking App's

Tracking of food intake, along with situations, thoughts and emotions eventually become a cornerstone of eating disorders treatment. This can be done in hard copy form or online. Any apps that allow tracking of calories are discouraged for eating disorder recovery. Two examples of apps that have been helpful for eating disorders clients are:

- **Recovery Record: Eating Disorder Management App**, [Download here](#), Apple and Android, Free
- **Rise up + Recover: An eating disorder monitoring and management tool for Anorexia, Bulimia, Binge eating and EDNOS**, [Download Here](#), For Apple and Android, Free

Websites

Eating Disorder Information, Resources

- **FEAST: Support and Resources for Families Affected by Eating Disorders** <https://www.feast-ed.org/>
- **Kelty Mental Health: ED Resources for families, caregivers** <https://keltyeatingdisorders.ca/recovery/meal-support/>
- **National Eating Disorder Information Centre (NEDIC):** General info, find a provider, helpline etc. <https://nedic.ca/>
- **National Eating Disorders (NEDA):** American ED Website with general info, resources <https://www.nationaleatingdisorders.org/>
- **National Initiative for Eating Disorders (NIED)** list of Canadian ED Support groups <https://nied.ca/pan-canadian-support-groups/>
- **Ontario ED Stepped Care** options and referrals <https://www.bodybrave.ca/stepped-care>
- **St Joseph's Health Care - For those awaiting ED treatment: [St. Joe's Rapid Eating Disorder Intervention \(REDI\) Program - YouTube](#)**

Body Image, Weight Neutral and/or HAES focus

- **Association for Size Diversity and Health** <https://asdah.org/>
- The **Body Positive:** includes e-book, resources, ted talks <https://thebodypositive.org/>
- **Feed your Instinct:** Interactive prevention resources for families <https://feedyourinstinct.com.au/>
- **More Love:** HAES articles, ED, and family resources, <https://more-love.org/>
- **National Association to Advance Fat Acceptance** <https://naafa.org/>

Support Groups

- **ANAD Eating Disorder Support Groups** <https://anad.org/get-help/about-our-support-groups/>
- **ANEB Québec Online Support** <https://anebquebec.com/en/services/aide-en-ligne>
- **Body Brave: Recovery for Every Body** <https://bodybrave.ca/>

- **Center for Discovery Free Support Groups** <https://centerfordiscovery.com/groups/>
- **The Eating Disorder Foundation Virtual Family & Friends Support Groups**
<https://eatingdisorderfoundation.org/get-help/support-groups/family-and-friends/>
- **Eating Disorder Support Group for Black Folks** <https://www.thesanctuaryinthecity.org/ed>
- **Eating Disorders Nova Scotia** <https://eatingdisordersns.ca/>
- **Fighting Eating Disorders in Underrepresented Populations: A Trans+ & Intersex Collective**
<https://fedupcollective.org/>
- **Nalgona Positivity Pride** <https://www.nalgonapositivitypride.com/>
- **NEDIC Helpline:** 1-866-NEDIC-20 [1-866-633-4220] or chat [NEDIC](#) | [Contact](#)
- **Third Wheel ED: Two Queer Perspectives on Eating Disorder Recovery**
<https://thirdwheeled.com/>
- **Liberating Jasper Virtual Eating Disorder Support Groups**
<https://www.liberatingjasper.com/offerings>
- **The Looking Glass Foundation: Online Peer Support** <https://www.lookingglassbc.com/online-peer-support>