

READING LIST: EATING DISORDERS AND BODY IMAGE

READING LIST – FOR THOSE WITH AN EATING DISORDER

- **Ball, J, Butow, P & Place, F. When Eating is Everything: How to Overcome Your Eating problems and Change Your Life.** Doubleday & Co. Practical book using Australian case studies and self help exercises. Well written text.
- **Bringham, Steve. Overcoming Eating Disorders.** Health Books. Gore and Osment. Woollahra. 1995. This clear and comprehensive book covers anorexia nervosa and bulimia nervosa —offering a range of strategies to help overcome them. There is also section on compulsive eating. Australian.
- **Cooke, Kaz. Real Gorgeous: The Truth About Body and Beauty.** Allen and Unwin. Sydney. 1994. A comic look at the many issues – social and personal in relation to body image. Ideal for young women.
- **Cooper P.J. Bulimia Nervosa and Binge Eating – A Guide to Recovery.** Robinson London Pub. 1993. An easy-to-read account of the issues involved with Bulimia Nervosa. Includes step-by-step self help recovery program.
- **Kano, Susan. Making Peace With Food.** Perennial Lit. The author aims to help people counter their weight obsessions and not feel guilty about eating.
- **Kausman, Rick. If not dieting, then what?** Allen & Unwin. 1998. . The author is a leading specialist in Melbourne on weight management and eating behaviour. This book aims to help people stop dieting by feeling comfortable around food and tuning to the body’s natural hunger signals.
- **Lawrence, M. Fed Up and Hungry – Women, Oppression and Food.** The Women’s Press Ltd. 1987. A stimulating and positive collection of UK essays – written from a women-centred viewpoint encouraging women to reclaim their bodies.
- **McFadden, J and McFadden, J. Diet No More.** Signet Pub. 1995. Easy to read practical self help guide aimed at helping people to restore their natural way of eating and get off the dieting cycle. Australian.
- **Roth, Geneen. When Food is Love: Exploring the Relationship Between Eating and Intimacy.** Piatkus London. 1991. Discusses compulsive eating as a smokescreen that conceals the things in ones life that are feared and therefore avoided. Other excellent books by the same author include: **Why Weight** and **Feeding the Hungry Heart** and **Breaking Free from Compulsive Eating.**
- **Wolfe, Naomi. The Beauty Myth.** Chatto and Windus. London. 1990. A provocative and insightful book that challenges society’s messages about beauty and body image.
- **Johnston, Dr Anita. Eating in the Light of the Moon.** Gurze Books. 1996. Weaving a rich tapestry of multicultural myths, ancient legends and simple folk tales, Anita Johnson inspires women to free themselves from disordered eating by discovering the metaphors that are hidden in their own life stories. There are practical exercises which explore different themes of self-discovery and empowerment on core issues.

READING LIST – FAMILY AND FRIENDS

- **Alexander, J and Le Grange, D. 2010. My Kid is Back.** Empowering Patients to Beat Anorexia. Melbourne University Press, Melbourne. ISBN:978-0-415-58115-8. This book explains how family-based treatment can greatly reduce the severity of anorexia nervosa in children and adolescents, allowing the sufferer to return to normal eating patterns, and their families return to a normal life. 10 families share their experiences.
- **Ball, J and Ball, R. Eating Disorders: A survival Guide for Family and Friends.** Doubleday. A clear and compassionate view with strategies for coping.
- **Byrne, Katherine. A Parent's Guide to Anorexia and Bulimia.** Owl Book. A practical guidebook which encourages parents to face the problems posed by disordered eating in workable and constructive ways.
- **Seigal, Brisman and Weinshell. Surviving an Eating Disorder – Strategies for Families and Friends.** Harper and Row. Solid and specific guidelines to assist understanding and change.
- **Neumark-Sztainer, Dianne. I'm, Like, So Fat.** The Guilford Press. 2005. Helping your teen make healthy choices about eating and exercise in a weight-obsessed world. Learn how to respond to 'fat talk', counteract negative media images and learn to talk about the dangers of dieting.
- **Natenshon, Abigail. When Your Child has an Eating Disorder – A step by step workbook for parents and other caregivers.** Jossy Bass Inc. 1999. This book provides parents with invaluable information and concrete steps to take. It can help families gain a deeper and more personal understanding of the illness and assist them in developing commonsense interventions and work together towards recovery.
- **Bryant-Waugh, Rachel & Lask, Bryan. Eating Disorders – A parent's guide.** Brunner-Routledge. 2004. This book provides positive, sensible advice on a range of eating disturbances in children and adolescents – both girls and boys – and answers many questions asked by parents including: "Why is my child experiencing eating problems?" and "What can I do to get her to talk about it?"
- **Herrin, Marcia & Matsumoto, Nancy. The Parent's Guide to Eating Disorders.** Gurze Books. 2007. The focus is on early detection and intervention with effective solutions that begin in the home. Four chapters cover the **Maudsley** approach which assists parents to normalise eating in their child. Other chapters cover: family communication, medical consequences of eating disorders, advice for siblings, relapse prevention, food plans, and boys at risk.

READING / RESOURCE LIST – HEALTH PROFESSIONALS AND TEACHERS

- Most of the books listed above are suitable for those working with eating disorder clients. In addition, the following books and videos may be of interest:
- **Abbott Hess, M and Hunt, A. Mirror, mirror: A resource Guide for Helping Adolescents Develop a Positive Body Image and Maintain a Healthy Weight.** Chicago – National Live stock and Meat Board. 1992. Educational material including 5 lesson plans complete with worksheets and background pamphlets.
- **Cooke, K. Wellington, R. Totally Gorgeous CD ROM.** Distributor Film Australia. 1996. Windows 3.1 or later, Macintosh 7.0.1 or later. Ph: (02) 9413 8777. High

Student appeal. Funny and helpful. Interactive media updating information from the book *Real Gorgeous*. Contains six interactive games, the Gorgeous video, updated text and new materials for boys. Separate teachers notes available.

- **Howell, Peter. Information on Eating Disorders for Health Practitioners.**
Produced by the Anorexia and Bulimia Nervosa Foundation of Victoria. 1997. \$3 +\$1 postage. Phone (03) 9885 0318. This booklet's readily accessible information will assist GP's and other practitioners to better understand and treat clients with eating disorders.
- **O'Dea, Dr Jenny. Everybody's Different – a positive approach to teaching about health, puberty, body image, nutrition, self-esteem and obesity prevention.**
ACER Press. 2007 This book details how to use the self-esteem approach in schools, community settings and clinical situations to improve body image conceptions, prevent eating disorders and obesity, and foster health, nutrition and physical activity in young people. It uses a whole of school approach and is evidence based.
- **Bodythink**
Is a workshop which aims to help young people build positive self esteem and body image by developing media literacy as well as understanding and dealing with feelings about their physical appearance, in particular weight and shape. It is designed to be delivered by primary and secondary school staff including teachers, welfare staff and nurses and youth and community workers directly involved with young people.

To implement this exciting new program into your school or community group you will need to attend a BodyThink training.

Please go to www.thebutterflyfoundation.org.au/bodythink.

- **O'Dea, Jenny. Body Basics – A Resource Kit for Teachers of years 7-10.**
Produced by the Dept of Adolescent medicine, Royal Alexandra Hospital for Children and Kelloggs. \$40. Available from Packcentre Marketing Services, 19-23 Seville Street Villawood NSW 2163. Ph: (02) 9728 6600, fax: (02) 9728 6622.
This kit covers areas of food and nutrition, health and personal development. Sections on self-esteem and body image include creative responses from students. The kit contains a video, posters, board game, fact files and teachers notes.
- **Le Grange, Daniel & Lock, James. Treating Bulimia in Adolescents – A Family Based Approach.** The Guilford Press. 2007.
A practical guide which emphasises a positive view of parents whose role is to re-establish healthy eating and support recovery for adolescents with bulimia nervosa. Detailed case studies show how the therapist can model uncritical acceptance of the patient and separate the illness from the individual.
- **Lock, James, Le Grange, Daniel, Agras, W. Stewart, Dare, Christopher. Treatment Manual for Anorexia Nervosa – A Family based Approach.** The Guilford Press. 2001. A practical manual which offers step-by-step guide to the treatment of anorexia nervosa in adolescents. It mobilises parents and siblings as a resource for treatment. It features detailed guidelines for conducting each family session and the manual is illustrated with extensive clinical transcripts and vignettes.
- **White, Michael & Morgan, Alice. Narrative Therapy with Children and their families.** Dulwich Centre Publications. 2006. Experienced authors share stories from their counselling practice with children and their families and provide explanations of the thinking that shapes these conversations. Detailed explanations are provided of externalising practices, scaffolding conversations, ways of inviting significant others to act as an audience to consultations with children and considerations relating to the

position of the therapist. Moving and amusing stories of work with children and their families are included.

READING LIST – FEMINIST / NARRATIVE APPROACHES TO THERAPY

- **Vancouver Anti-Anorexia / Anti-Bulimia League. ReVive** – a magazine with articles, poetry and artwork to share stories of struggle and resistance. #303-1212 W. Broadway, Vancouver, B.C., V6H 3C1, Canada. Ph: (1-604) 731 7304, Fax (1-604) 730 1015.
- **Bordo, S. Unbearable Weight: Feminism, Western Culture and The Body.** University of California Press. 1993.
- **Brown, C. and Jasper, K. Consuming Passions: Feminist Approaches to Weight Preoccupation and Eating Disorders.** Toronto: Second Story Press. 1993.
- **Fallon, P. Feminist Perspectives on Eating Disorders.** N.Y: Guilford Press. 1994.
- **Madigan, S.** 'Politics of Identify: Creating community discourse in the externalising of internalised problem conversation.' **Journal on Systemic Therapies issue on Narrative.** Spring. 1996.
- **Madigan, S. & Epston, D.** 'From "spy-chiatric gaze" to communities of concern: From professional monologue to dialogue.' In Friedman, S (ed) **the Reflecting Team in Action: Collaborative Practice in Family Therapy.** New York: Guilford Press. 1995.

