



The Emily Program

Family and Friends Resource List

Books we recommend:

Talking to Eating Disorders : Simple Ways to Support Someone With Anorexia, Bulimia, Binge Eating, Or Body Image Issues by Jeanne Albronda Heaton, PhD and Claudia J. Strauss (New York: New American Library, 2005).

The Eating Disorder Source Book: A Comprehensive Guide to the Causes, Treatment and Prevention of Eating Disorders (3rd Edition) by Carolyn Costin (New York: McGraw Hill, 2006).

Surviving an Eating Disorder: Strategies for Family and Friends Michele Siegel, Judith Brisman and Margot Weinshe (New York: HarperCollins, 2009).

Father Hunger: Fathers, Daughters, and the Pursuit of Thinness by Margo Maine, PhD. (Carlsbad, CA: Gurze Books, 2004).

Eating in the Light of the Moon: How Women Can Transform Their Relationship with Food through Myths, Metaphors, and Storytelling, Anita Johnston (Carlsbad, CA: Gurze Books, 2000).

Life Without ED, How One Woman Declared Independence from Her Eating Disorder and How You Can Too, Jenni Schaefer (New York, McGraw Hill, 2004).

Goodbye Ed, Hello Me: Recover From Your Eating Disorder and Fall in Love With Life, Jenni Schaefer (New York, McGraw Hill, 2009).

Useful Websites:

- The Emily Program: www.emilyprogram.com
- The Emily Program Foundation: www.emilyprogramfoundation.org
- Eating Disorders Coalition for Research, Policy & Action: www.eatingdisorderscoalition.org
- National Eating Disorders Association: www.nationaleatingdisorders.org
- Academy for Eating Disorders: www.aedweb.org
- Binge Eating Disorders association: www.bedaonline.org