

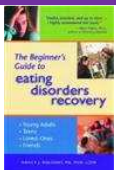

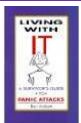

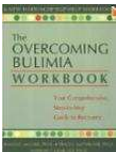
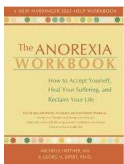
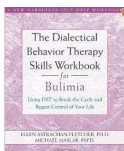
SUGGESTED READING

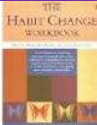



Below is a list of workbooks recommended by EDV staff to assist those wishing to recover from an eating disorder. The list is by no means exhaustive, but designed to help the reader get started on the road to discovering books for their own recovery journey.

Members of EDV may borrow them from our library, but we recommend purchasing your own copy as they are designed to write in.

The EDV library identification number appears beside each title making it easy to locate them on our shelves.

For those with an eating disorder:

Book	Description
	The Beginner's Guide to Eating Disorders Recovery (AB10) Author: Nancy J Kolodny This book can help to identify the causes and symptoms of an eating disorder, show how to find the support needed and give specific strategies for change.
	Hope, Help & Healing for Eating Disorders (AB51) Author: Gregory Jantz Core to this book is an approach Dr. Gregory Jantz developed and wholeheartedly believes in. He calls it the whole-person approach. Throughout the book, you'll be looking at the physical, emotional, relational and spiritual aspects of your life and how eating disorders - anorexia, bulimia, and overeating - relate to each area.
	Living with It (MH21) Author: Bev Aisbett Provides much needed reassurance and support, leading the way out of the maze of panic with humour and the insight of first-hand experience.
	I Love Me (MH21E) Author: Bev Aisbett The author, who has helped thousands of Australians find a way out of depression and anxiety, now shows you how to find the most loyal friend of all....you. This is the latest addition to the Bev Aisbett collection.
	The Overcoming Bulimia Workbook (B7) Authors: McCabe, McFarlane, Olmsted. This workbook contains tools to help those struggling with bulimia break the cycle of bingeing and reacting, allowing them to take control of their lives and make positive changes.
	The Anorexia Workbook (A10) Authors: Michelle Heffner & Georg H. Eifert Structured in a logical, step-by-step progression of exercises, the workbook first focuses on providing readers with a new understanding of anorexia and the ways they might have already tried to control the problem. Then the book progresses through techniques that teach how to use mindfulness to deal with out-of-control thoughts and feelings, how to identify choice that will lead to better health and quality of life, and how to redirect the energy formerly spent on weight loss into those actions that will heal the body and mind. Although this book is written specifically to anorexia sufferers, it includes a clear and informative chapter on when readers need to seek professional treatment as well as advice on what to look for in a therapist.
	The Dialectical Behavior Therapy Skills Workbook for Bulimia (B20) Author: Ellen Astrachan-Fletcher, Michael Maslar This self-help workbook is an excellent tool to help alleviate bulimia nervosa symptoms. It is also a useful guide for the practitioner who is assisting the patient in his or her quest to overcome an eating disorder.

	<p>The Habit Change Workbook (SH62) Author: Claiborn, Pedrick Provides effective, well studied techniques to help readers change troublesome or hurtful habits ranging from compulsive shopping, procrastination, computer addiction, nail biting etc.</p>
	<p>What's Eating You (SH66) Author: Tammy Nelson This workbook takes aim at the motivations behind your relationship with food and helps you to better understand how your need to control what you eat can end up controlling you.</p>
	<p>The Anxiety Workbook for Teens (SH64) Author: Lisa Schab This workbook will show you how to deal with the day-to-day challenges of anxiety. It will help you develop a positive self-image and recognise your anxious thoughts.</p>
	<p>Coping with Cliques (SH65) Author: Susan Sprague This workbook will help you deal with cliques, teasing and gossip and show you how to avoid getting caught up in this hurtful patter of behaviour. It includes key strategies for sticking up for yourself, maintaining your self-esteem even when others tease you, and finding friends who like you for who you are.</p>

Where to source books for your own library:

Websites:

www.amazon.com

Great source for secondhand books in as new condition at a dramatically reduced cost – but be aware that postage (per book – they don't combine postage) is an additional cost.

www.booko.com.au

Booko is a website which will find your book selection and source the cheapest worldwide price for it. And it converts the cost into Australian dollars. It's an excellent website for books.

The It books: www.booktopia.com.au

Skills based learning: www.bookdepository.co.uk

(This is currently the cheapest source for this book and international shipping is free) Please be aware that this book can range in price from \$25 - \$75 in Australian bookstores (depending on supplier).

Bookshops:

Readings

Carlton - 309 Lygon St
Hawthorn - 701 Glenferrie Rd
Malvern - 185 Glenferrie Rd
Port Melbourne - 253 Bay St
St Kilda - 112 Acland St

State Library - State Library of Victoria foyer, Cnr La Trobe and Swanston Streets, Melbourne