

# Eating Disorder Resources

## Information for Families

### Books families may find helpful:

Helping Your Child Overcome an Eating Disorder: What You Can Do at Home (2003),  
by Teachman, Schwartz, Gordic and Coyle

Help Your Teenager Beat an Eating Disorder (2004), by James Lock and Daniel le Grange

Effective Meal Support: A Guide for Family and Friends, by British Columbia Children's Hospital  
and Seattle Children's Hospital

Off the C.U.F.F. (Calm, Unwavering, Firm and Funny) by Duke Eating Disorders Program,  
order info at [www.dukehealth.org/treatments/psychiatry/eating-disorders](http://www.dukehealth.org/treatments/psychiatry/eating-disorders)

Life Without Ed: How One Woman Declared Independence from Her Eating Disorder and  
How You Can Too (2003), by Jenni Schaefer and Thom Rutledge

### Books youth may find helpful:

Eating Disorders (2003), by Trudi Strain Trueit

No Body's Perfect (2002), by Kimberley Kirberger

### Websites families may find helpful:

National Eating Disorders Association, provides information and referrals  
[www.nationaleatingdisorders.org](http://www.nationaleatingdisorders.org)

Parent guide to an evidence based, outpatient treatment for anorexia  
[www.maudsleyparents.org](http://www.maudsleyparents.org)

Academy for Eating Disorders, professional organization  
[www.aedweb.org](http://www.aedweb.org)

Recovery support site  
<http://something-fishy.org>

Seattle Children's, Eating Disorder Booklist and Resources  
[www.seattlechildrens.org/pdf/PE456.pdf](http://www.seattlechildrens.org/pdf/PE456.pdf)



**Seattle Children's**<sup>®</sup>  
HOSPITAL • RESEARCH • FOUNDATION

**Partnership Access Line**  
Mental Health Consultation Outreach

This resource page is  
now available in Spanish at  
[www.seattlechildrens.org/pal](http://www.seattlechildrens.org/pal)