

# Learn more about Eating disorders

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## Websites

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[nlm.nih.gov/medlineplus/eatingdisorders.html](http://nlm.nih.gov/medlineplus/eatingdisorders.html) This consumer health database of the National Library of Medicine and the National Institutes of Health offers the latest news as well as information on nutrition, diagnosis and symptoms, treatment, coping, alternative therapy, prevention and screening, and interactive tutorials on eating disorders.

[nationaleatingdisorders.org/learn](http://nationaleatingdisorders.org/learn) Visit the National Eating Disorders web site or call their toll-free helpline (800-931-2237) to find information about eating disorders and their precursors, what to do if a loved one is suffering from an eating disorder, tips for how to approach someone you're concerned about, treatment referrals in your area, and more.

[kidshealth.org/kid/nutrition/food/eatdisorder.html](http://kidshealth.org/kid/nutrition/food/eatdisorder.html) Kids Health provides information written for children, teens, and parents on eating disorders. Learn to recognize the signs, how to offer support, and what treatments are available.

[mirror-mirror.org/](http://mirror-mirror.org/) Mirror Mirror, a non-profit eating disorder awareness organization, includes tips on body image, the rewards and challenges of recovery, and debunks common eating disorder myths on their website.

[psychiatry.org/eating-disorders](http://psychiatry.org/eating-disorders) The American Psychiatric Association's page on eating disorders provides general information on anorexia and bulimia as well as broader mental health topics.

## Local resources

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**Aurora Psychiatric Hospital Eating Disorder Program** offers a comprehensive range of services including inpatient, partial hospital, and structured intensive outpatient services for individuals who struggle with eating disorders. Phone 414-454-6694 or access information on their Web site at: [aurorahealthcare.org/services/behhealth/aurora-psych/eating-disorder/default.asp](http://aurorahealthcare.org/services/behhealth/aurora-psych/eating-disorder/default.asp)

## Books

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***The Emotional Eater's Repair Manual: A Practical Mind-Body-Spirit Guide for Putting an End to Overeating and Dieting*** by Julie Simon, New World Library, 2012, ISBN 9781608681518, \$16.95. The author, a life coach and licensed therapist, addresses aspects of women's inner and outer lives — from brain chemistry to social and spiritual connectedness. Her anti-diet approach will help you explore your relationship with food and learn new patterns of behavior.

***Goodbye Ed, Hello Me: Recover from Your Eating Disorder and Fall in Love with Life*** by Jenni Schaefer, McGraw-Hill, 2009, ISBN 9780071608879, \$18.00. Jenni Schaefer and Ed (eating disorder) are no longer on speaking terms, not even in her most difficult moments. She demonstrates that being fully recovered is not just about food and having a healthy relationship with your body, it also means finding joy and peace in your life.

***Healing Your Hungry Heart: Recovering from Your Eating Disorder*** by Joanna Poppink, MFT, Conari Press, 2011, ISBN 1573244708, \$16.95. A licensed psychotherapist specializing in treating adults with eating disorders offers a comprehensive and effective recovery program based on thirty years of experience with anorexia, bulimia, and binge eating.

***Midlife Eating Disorders: Your Journey to Recovery*** by Cynthia M. Bulik, Walker and Company, 2013, ISBN 9780802712691, \$17.99. The author, an eating disorder specialist, looks at eating disorders and treatment for adult men and women. It also gives readers hope by explaining how to overcome symptoms and access resources and support.

Books on this topic are available for checkout from Aurora Libraries and may be available at your public library.