

Books for Men and Women with Eating Disorders

General

- *100 Questions About Eating Disorders* by Carolyn Costin
- *Eating Disorder Sourcebook* by Carolyn Costin
- *Goodbye Ed, Hello Me* by Jenni Schaefer
- *50 Ways to Soothe Yourself Without Food* by Susan Albers
- *Regaining Your Self: Breaking Free From the ED Identity* by Ira Sacker & Sheila Buff
- *Hunger Pains: The Modern Woman's Quest for Thinness* by Mary Pipher
- *Males with Eating Disorders* by Arnold Anderson
- *Reviving Ophelia: Saving the Selves of Adolescent Girls* by Mary Pipher
- *Self-Esteem Workbook* by Glenn Schiraldi, Matthew McKay, & Patrick Fanning
- *When Food Is Love: Exploring the Relationship Between Eating and Intimacy* by Geneen Roth
- *Women Who Hurt Themselves* by Dusty Miller
- *Homecoming: Reclaiming and Championing Your Inner Child* by John Bradshaw

Anorexia

- *Anorexia Workbook* by Steven Hayes, Michelle Heffner, & Georg Eifert
- *Eating Disorder Sourcebook* by Carolyn Costin
- *Skinny Boy: A Young Man's Battle and Triumph Over Anorexia* by Gary Grahl
- *Gaining: The Truth About Life After Eating Disorders* by Aimee Liu

Bulimia

- *Overcoming Bulimia Workbook* by Randi McCabe, Traci McFarlane, & Marion Olmstead
- *Life Without Ed* by Jenni Schaefer & Thom Rutledge
- *Bulimia: A Guide to Recovery* by Lindsey Hall & Leigh Cohn

Binge Eating

- *Appetite Awareness Workbook* by Linda Craighead
- *Breaking Free From Emotional Eating* by Geneen Roth
- *Crave: Why You Binge Eat and How to Stop* by Cynthia Bulik
- *Feeding the Hungry Heart: The Experience of Emotional Eating* by Geneen Roth
- *The Good Eater: One Man's Struggle With Binge Eating Disorder* by Ron Saxen
- *Overcoming Binge Eating* by Christopher Fairburn

Body Image

- *Body Image Workbook* by Thomas Cash
- *Body Wars* by Margo Maine
- *Do I Look Fat In This?* by Jessica Weiner