

**Books for Family and Friends
Supporting Someone with an Eating Disorder**

General

- *Andrea's Voice: Silenced by Bulimia, Her Story and Her Mother's Journey Through Grief Toward Understanding* by Andrea & Doris Smeltzer
- *Dads and Daughters* by Joe Kelly
- *Eating Disorder Sourcebook* by Carolyn Costin
- *Eating With Your Anorexic* by Laura Collins
- *How to Help Your Teenager Beat an Eating Disorder* by James Lock & Daniel le Grange
- *Surviving an Eating Disorder: Strategies for Families and Friends* by Michelle Siegal, Judith Brisman, & Margot Weinschel
- *When Your Child Has an Eating Disorder: A Step-by-Step Workbook for Parents and Other Caregivers* by Abigail Natenshon
- *Your Dieting Daughter: Is She Starving for Attention?* by Carolyn Costin