



Recommended Reading List

Appetites by Caroline Knapp

Body Outlaws: Young Women Write About Body Image and Identity Edited by Ophira Edut

Body Wars: Making Peace with Women's Bodies by Margo Maine, Ph.D

Conquering Anorexia by Clare Lindsay

The Eating Disorder Sourcebook (3rd edition) by Carolyn Costin

The Frailty Myth by Colette Dowling

Hunger Pains: The Modern Woman's Tragic Quest for Thinness by Mary Pipher, Ph.D

My Thin Excuse: Understanding, Recognizing, and Overcoming Eating Disorders by Lisa Messinger and Merle Cantor Goldberg, LCSW

The Obsession: Reflections of the Tyranny of Slenderness by Kim Chernin

Over It: A Teen's Guide to Getting Beyond Obsessions with Food and Weight by Normandi Roark

Reviving Ophelia: Saving the Selves of Adolescent Girls by Mary Pipher, Ph.D

The Secret Language of Eating Disorders by Peggy Claude-Pierre

Stick Figure by Lori Gottlieb