



## Info Rx

# Understanding and Coping with Eating Disorders

Eating disorders are mental illnesses causing serious disturbances in eating behaviours. Below you will find memoirs and workbooks to help you better understand and cope with disordered eating.

**Borrow these books from the FCRC or check your local library!**

### **Life Without Ed: How One Woman Declared Independence from Her Eating Disorder and How You Can Too**

*Jenni Schaefer*

Author Jenni Schaefer shares her personal experiences with an eating disorder and how she learned to treat her eating disorder as a relationship, not a condition. By thinking of her eating disorder as a unique personality separate from her own, Jenni was able to break up with Ed once and for all.

### **Goodbye Ed, Hello Me: Recover from Your Eating Disorder and Fall in Love with Life**

*Jenni Schaefer*

This book relates that recovering is not just about breaking free from destructive behaviours with food and having a healthy relationship with your body.

### **Skinny Boy: A Young Man's Battle and Triumph Over Anorexia**

*Natalie Rompella*

Challenging the assumption that anorexia is an exclusively female affliction, this compelling memoir is the first to describe how a young man overcame this often fatal disorder.

### **The Dialectical Behavior Therapy Skills Workbook: Practical DBT Exercises for Learning Mindfulness, Interpersonal Effectiveness, Emotion Regulation, and Distress Tolerance**

*Matthew McKay, Jeffery Wood, and Jeffery Brantley*

This DBT workbook provides step-by-step exercises for learning various coping skills and putting them to work for real and lasting change.



## **The Dialectical Behavior Therapy Skills Workbook for Bulimia: Using DBT to Break the Cycle and Regain Control of your Life**

*Ellen Astrachan-Fletcher and Michael Maslar*

The skills presented in this workbook will help you begin to cope with uncomfortable feelings in healthy ways, empower you to feel good about nourishing your body, and finally gain true control over your life.

## **Body Image Workbook: An Eight Step Program for Learning to Like Your Looks, 2<sup>nd</sup> ed.**

*Thomas Cash*

The Body Image Workbook offers a comprehensive program to help you stop focusing on your perceived imperfections and start feeling more confident about the way you look.

## **The Intuitive Eating Workbook: Ten Principles for Nourishing a Healthy Relationship**

*Evelyn Tribole and Elyse Resch*

The Intuitive Eating Workbook offers a comprehensive, evidence-based program to help you develop a healthy relationship with food, pay attention to cues of hunger and satisfaction, and cultivate a profound connection with your mind and body.

*Need more information?*

## **Child Health Information Specialist**

 403-955-7745  [ChildHealthInfo@ahs.ca](mailto:ChildHealthInfo@ahs.ca)

 [fcrs.ahs.ca/rx/eating-disorders/](http://fcrs.ahs.ca/rx/eating-disorders/)

### **Family & Community Resource Centre**

2<sup>nd</sup> Floor, Alberta Children's Hospital  
28 Oki Drive NW, Calgary, AB, T3B 6A8

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