



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, 2nd 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

 fcrs.ahs.ca/rx/eating-disorders/

Family & Community Resource Centre

2nd Floor, Alberta Children's Hospital
2888 Shaganappi Trail NW, Calgary, AB, T3B 6A8

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Services

Alberta Children's Hospital

