



## Info Rx

# Whose Lives are Affected by Eating Disorders

Eating disorders are mental illnesses causing serious disturbances in eating behaviours. Below is a list of resources that can be helpful in understanding those experiences as well as how to support those around you.

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

*Gary Grahl*

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.

### **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; it also means finding joy and peace in your life.

### **Help for Eating Disorders: A Parent's Guide to Symptoms, Causes & Treatments**

*Debra K. Katzman and Leora Pinhas*

Combining medical information, case studies, and exercises this book aids parents in recognizing and responding to the signs and symptoms of an eating disorder.

## **Eating Disorders: A Parent's Guide**

*Rachel Bryany-Waugh and Bryan Lask*

Whatever aspect of your child's eating behaviour is causing you concern, this book will help you understand some of the more common reasons why problems arise, how to identify a complete range of eating difficulties, how to approach specific problems, and where to seek help and treatment.

## **Help Your Teenager Beat an Eating Disorder**

*James Lock*

This book demonstrates how parental involvement in the treatment of an eating disorder benefits the struggling child and provides the tools you need to ensure that your child develops nourishing eating habits and life-sustaining attitudes.

*This list was created by caring Families & Professionals*

### **These resources are available to borrow from the Family & Community Resource Centre**

**Alberta Children's Hospital** - 2888 Shaganappi Trail NW, Calgary, AB T3B 6A8  
*Or check your local library for these resources.*

For more information contact the Child Health Information Specialist  
at (403) 955-7745 or [childhealthinfo@albertahealthservices.ca](mailto:childhealthinfo@albertahealthservices.ca)  
Or call Access Mental Health (403) 943-1500 Ext 1 (Child and Adolescent Services)

For a list of recommended websites and contributors visit  
[frc.albertahealthservices.ca/health-information/library/information-prescriptions](http://frc.albertahealthservices.ca/health-information/library/information-prescriptions)  
and click on Eating Disorders.

This material is designed for information purposes only. It should not be used in place of medical advice, instruction and/or treatment. If you have specific questions, please contact your doctor or appropriate health care professional.



**Alberta Health  
Services**

**Alberta Children's Hospital**

