100 questions and answers about eating disorders
https://libraries.phsa.ca/permalink/catalog19011
Costin, Carolyn.; Sudbury, Mass.: Jones and Bartlett Publishers , 2007. (Book) — 1 copy, available
Audience: Patient or Public
Agency: BC Cancer Agency
Location: Abbotsford Cancer Info Ctr FHA
Call Number: WM175 C67 2007

50 more ways to soothe yourself without food
https://libraries.phsa.ca/permalink/catalog122366
Audience: Patient or Public
Agency: BC Children's and Women's
Location: Family Support & Resource Centre
Call Number: EG 220 ALB 2015

“If you're an emotional overeater, you may turn to food to cope with stress and sadness, enhance joy, and bring a sense of comfort. But, over time, overeating can cause weight gain, heart disease, diabetes, and many other health problems. In 50 More Ways to Soothe Yourself Without Food, you'll find…

50 ways to soothe yourself without food
https://libraries.phsa.ca/permalink/catalog122201
Audience: Patient or Public
Agency: BC Children's and Women's
Location: Family Support & Resource Centre
Call Number: EG 220 ALB 2009

“Food has the power to temporarily alleviate stress and sadness, enhance joy, and bring us comfort when we need it most. It's no wonder experts estimate that 75 percent of overeating is triggered by our emotions, not physical hunger. The good news is you can instead soothe yourself through dozens of…

Adolescentes anorexiques: Plaidoyer pour une approche clinique humaine
https://libraries.phsa.ca/permalink/catalog114229
Audience: Patient or Public
Agency: BC Children's and Women's
Location: Family Support & Resource Centre
Call Number: YOUTH BB 500 WIL 2012 STACKS
America the beautiful
https://libraries.phsa.ca/permalink/catalog111925
Roberts, Darryl. Sensory Overload Releasing, 2010. (Video) — 1 copy, 1 available
Audience: Patient or Public
Agency: BC Children's and Women's
Location: Family Support & Resource Centre
Call Number: BB 400 ROB 2010

"Uses the story of the rise and fall of a young model's budding career to examine America's obsession with youth and beauty and the damage that occurs when women try to live up to impossible standards of physical perfection."

Anorexie, boulimie: Explications et conseils pratiques pour mieux vivre le quotidien
https://libraries.phsa.ca/permalink/catalog114228
Dubel, Corinne. Paris, France: Dauphin, 2015. 2e édition. (Book) — 1 copy, 1 available
Audience: Patient or Public
Agency: BC Children's and Women's
Location: Family Support & Resource Centre
Call Number: BB 500 DUB 2015

"...J'ai peur de grossir... Mon ventre et mes cuisses sont énormes... Le chocolat, c'est interdit !... Tant de pensées et situations qui rendent la vie quotidienne infernale à toute adolescente ou jeune femme souffrant d'anorexie et/ou de boulimie... Ce livre s'adresse en priorité à ces patientes en..."

L'anorexie mentale: Des théories aux prises en charge
https://libraries.phsa.ca/permalink/catalog114266
Audience: Patient or Public
Agency: BC Children's and Women's
Location: Family Support & Resource Centre
Call Number: BB 520 NAN 2015

"L'anorexie mentale suscite toujours de nombreuses spéculations et interprétations, comme en témoigne la diversité des modèles étiologiques dudit trouble. Il est désormais indispensable pour les chercheurs et les cliniciens de disposer de ces synthèses et d'une confrontation rigoureuse..."
Body myth: Adult women and the pressure to be perfect
https://libraries.phsa.ca/permalink/catalog110662
Audience: Patient or Public
Agency: BC Children's and Women's
Location: Family Support & Resource Centre
Call Number: BB 500 MAI 2005

This guide intends to help women and their loved ones understand eating disorders and the obsession with perfection, exploring the challenge of identifying the problem, the different eating disorder triggers adult women experience, and the various treatments available.

Boulimie-Anorexie: Guide de survie pour vous et vos proches
https://libraries.phsa.ca/permalink/catalog114234
Hervais, Catherine. Paris, France: Intereditions , 2015. 3e ed. (Book) — 1 copy, 1 available
Audience: Patient or Public
Agency: BC Children's and Women's
Location: Family Support & Resource Centre
Call Number: BB 500 HER 2015

Ce guide vous permettra de prendre conscience que la boulimie, plus forte que la volonté, n'est pas un vice de gloutonnerie mais un geste de survie pour anesthésier et refouler une angoisse existentielle qui serait insupportable autrement. Comprendre la boulimie c'est comprendre que l'on ne peut pa...

Boys get anorexia too: Coping with male eating disorders in the family
https://libraries.phsa.ca/permalink/catalog110539
Audience: Patient or Public
Agency: BC Children's and Women's
Location: Family Support & Resource Centre
Call Number: BB 520 LAN 2006

A case study of a twelve-year-old boy who developed anorexia nervosa. Contains information intended to be helpful for parents, teachers and sports coaching staff.
Bread and jam for Frances

https://libraries.phsa.ca/permalink/catalog119820


Audience: Patient or Public
Agency: BC Children's and Women's
Location: Family Support & Resource Centre
Call Number: JUNIOR BB 500 HOB 1964

“Frances is a fussy eater. In fact, the only thing she likes is bread and jam. She won't touch her squishy soft-boiled egg. She trades away her chicken-salad sandwich at lunch. She turns up her nose at boring veal cutlets. Unless Mother can come up with a plan, Frances just might go on eating bread …

Can't eat, won't eat: Dietary difficulties and autistic spectrum disorders

https://libraries.phsa.ca/permalink/catalog110942


Audience: Patient or Public
Agency: BC Children's and Women's
Location: Sunny Hill Education Resource Centre
Call Number: FM 272 LEG 2002

“...The author has spoken to parents, children, and professionals with first-hand knowledge of dietary difficulties in people with autistic spectrum disorders, and this book presents their advice and comments.

Clara: surmonter les troubles alimentaires à l'adolescence

https://libraries.phsa.ca/permalink/catalog114462

Germain, Vanessa. Quebec, QC: Midi Trente, 2015. (Book) — 1 copy, 1 available

Audience: Patient or Public
Agency: BC Children's and Women's
Location: Family Support & Resource Centre
Call Number: BB 500 GER 2015

“Clara est anorexique, mais elle accepte bien mal ce diagnostic. Élizabeth, quant à elle, a déjà souffert d'épisodes de boulimie. Toutes deux entament une riche correspondance électronique qui leur permet de se parler franchement et d'échanger sur les troubles alimentaires. Rien n'échappe à leur att…
Cognitive behavior therapy and eating disorders

Fairburn, Christopher G.; New York: Guilford Press , 2008. — 1 copy, available

Audience: Professional
Agency: BC Cancer Agency
Location: Abbotsford Library FHA
Call Number: WM175 F164 2008

This book and how to use it / Christopher G. Fairburn -- Eating disorders: the transdiagnostic view and the cognitive behavioral theory / Christopher G. Fairburn -- Enhanced cognitive behavior therapy for eating disorders ("CBT-E"): an overview / Christopher G. Fairburn, Zafra Cooper, and Roz

Community treatment of eating disorders


Audience: Professional
Agency: BC Cancer Agency
Location: Abbotsford Library FHA
Call Number: WM175 R63 2006


Counselling for eating disorders in men: person-centred dialogues


Audience: Professional
Agency: BC Cancer Agency
Location: Abbotsford Library FHA
Call Number: WM175 B79 2005

Eating disorders: a parents' guide

Bryant-Waugh, Rachel; New York: Routledge , 2013. 2nd ed. (Book) — 1 copy, available

Audience: Patient or Public
Agency: BC Cancer Agency
Location: Abbotsford Cancer Info Ctr FHA
Call Number: WS115 B79 2013
Eating disorders bibliography
https://libraries.phsa.ca/permalink/catalog110774
http://www.cw.bc.ca/library/pdf/Eating Disorders Bibliography Sep08.pdf
Audience: Patient or Public
Agency: BC Children’s and Women’s
Also includes resources related to healthy eating/nutrition and weight control.

Eating disorders in children & adolescents: Questions, answers and more
https://libraries.phsa.ca/permalink/catalog112248
Audience: Patient or Public
Agency: BC Children’s and Women’s
Location: Family Support & Resource Centre
Call Number: BB 500 BCM 2012
This DVD includes sections on: Understanding eating disorders and their treatment, Medical complications of eating disorders in children and adolescents, Eating disorder nutrition, Parent’s guide to eating disorders treatment and recovery

Eating disorders meal support: Helpful approaches for families
https://libraries.phsa.ca/permalink/catalog112228
http://www.youtube.com/watch?v=pPSLdUUItWE&list=FLGKhwOGU4HvQi4ImFfYsiLLjg&index=1
Provincial Specialized Eating Disorders Program for Children and Adolescents. Vancouver, BC: Provincial Health Services Authority, 2012. (Video) — 1 copy, 1 available
Audience: Patient or Public
Agency: BC Children’s and Women’s
Location: Family Support & Resource Centre
Call Number: BB 500 EAT 2012
Eating disorders in the family can make meal times extremely difficult for youth, parents, and siblings. This video demonstrates strategies that can be used before, during, and after meals to provide structure and support for youth with eating disorders. The strategies presented in this video are
Eating disorders meal support: Helpful approaches for families (Multilingual Version)

https://libraries.phsa.ca/permalink/catalog112605

Provincial Specialized Eating Disorders Program for Children and Adolescents. Vancouver, BC: Provincial Health Services Authority, 2013. (Video) — 1 copy, 1 available

Audience: Patient or Public
Agency: BC Children’s and Women’s
Location: Family Support & Resource Centre
Call Number: BB 500 EATb 2013

URL Notes: English audio, with subtitles in Korean, Punjabi and Chinese

This is the multilingual version of this DVD. The audio of the DVD is in English, with subtitles in Korean, Punjabi, Simplified Chinese and Traditional Chinese. Eating disorders in the family can make meal times extremely difficult for youth, parents, and siblings. This video demonstrates

Eating Disorders Meal Support Videos (Traditional Chinese, Simplified Chinese, Punjabi, Korean)

https://www.youtube.com/watch?v=pPSLdUUlTWE
https://www.youtube.com/watch?v=RoxlgO2bhQw&list=PL21D7E85D804263B2&index=11
https://www.youtube.com/watch?v=Pi9g9dGll8Hc&list=PL21D7E85D804263B2&index=9
https://www.youtube.com/watch?v=eiEZKpfMyQ&index=8&list=PL21D7E85D804263B2
https://www.youtube.com/watch?v=LMcngMH0dZk&feature=youtu.be
https://www.youtube.com/watch?v=Do5w3fuuKSI&index=10&list=PL21D7E85D804263B2

Kelty Mental Health Resource Centre. B.C., 2013. (Online, Video)

Audience: Patient or Public
Agency: BC Children’s and Women’s

This video provides strategies to help parents and families provide structure and support to youth with eating disorders before, during and after meals.

Eating mindfully: how to end mindless eating and enjoy a balanced relationship with food

https://libraries.phsa.ca/permalink/catalog113457


Audience: Patient or Public
Agency: BC Cancer Agency
Location: Victoria Cancer Info Ctr
Call Number: WM175 A332 2003
This updated edition of Joan Jacobs Brumberg's "Fasting Girls", gives a history of women’s food-refusal dating back as far as the sixteenth century. The book tells of medieval martyrs who used starvation to show religious devotion, "wonders of science" whose families capitalized on their ability to…

This book is written in Chinese. There are 7 sections: section 1 describes the basic knowledge of the digestive system and what an eating disorder is; sections 2-6 outline the causes and treatment of eating disorders in different age stages eg. 0-1, 1-3, 3-6, 7-12, 12-18. The last section talks…

This book uses Family-Based Treatment based on the Maudsley approach to recommend a feeding strategy to parents of anorexic teenagers. It offers practical ideas as well as a large range of recipes.
Full mouse, empty mouse: A tale of food and feelings
https://libraries.phsa.ca/permalink/catalog110347
Audience: Patient or Public
Agency: BC Children's and Women's
Location: Family Support & Resource Centre
Call Number: JUNIOR BB 500 ZEC 2002

A story which addresses the complex problem of eating disorders in a language that children from ages 5-12 can understand. It is a beautifully illustrated book telling the story of two mice who use food in an effort to cope with the stress in their lives. "Mouse stress" involves an ever-present cat.

The good eater: The true story of a male model's struggle with binge eating disorder
https://libraries.phsa.ca/permalink/catalog110632
Audience: Patient or Public
Agency: BC Children's and Women's
Location: Family Support & Resource Centre
Call Number: BB 560 SAX 2007

The author—a former male model—tells an original and true story of binge eating disorder from a man's perspective. This personal story is intended to help break stereotypes and shed new light on this surprisingly prevalent disorder.

Helping your child overcome an eating disorder: What you can do at home: Techniques based on the latest scientific research from experts at the Yale Center for Eating and Weight disorders
https://libraries.phsa.ca/permalink/catalog108388
Audience: Patient or Public
Agency: BC Children's and Women's
Location: Family Support & Resource Centre
Call Number: BB 500 TEA 2003

This guide shows parents how to talk with their children about the touchy subject of eating disorder, access the latest cognitive-behavioral techniques, deal with eating and exercise in the home, find a good therapist, and take charge of ensuring a child's recovery. It explores issues like
Help your teenager beat an eating disorder

https://libraries.phsa.ca/permalink/catalog114049


Audience: Patient or Public
Agency: BC Children's and Women's
Location: Family Support & Resource Centre
Call Number: BB 500 LOC 2015

Top experts James Lock and Daniel Le Grange explain what you need to know about eating disorders, which treatments work, and why it is absolutely essential to play an active role in your teen's recovery—even though parents have often been told to take a back seat. Learn how to monitor your teen's

Hope, help & healing for eating disorders: a whole-person approach to treatment of anorexia, bulimia, and disordered eating

https://libraries.phsa.ca/permalink/catalog22060


Audience: Patient or Public
Agency: BC Cancer Agency
Location: Abbotsford Cancer Info Ctr FHA
Call Number: WM175 J35 2010

If your adolescent has an eating disorder: An essential resource for parents

https://libraries.phsa.ca/permalink/catalog110583


Audience: Patient or Public
Agency: BC Children's and Women’s
Location: Family Support & Resource Centre
Call Number: BB 500 WAL 2005

This guidebook offers parents clear definitions of what an eating disorder is, how to recognize its symptoms, and what to do about them. Targeting anorexia nervosa and bulimia nervosa, and touching on binge eating disorder, the authors explain the challenges of getting an adequate diagnosis, and
Invisible scars
https://libraries.phsa.ca/permalink/catalog110749
Audience: Patient or Public
Agency: BC Children's and Women's
Location: Family Support & Resource Centre
Call Number: YOUTH BB 520 JOH 2007

An autobiographical account of a teenage girl’s experience with anorexia nervosa.

Just a little too thin: How to pull your child back from the brink of an eating disorder
https://libraries.phsa.ca/permalink/catalog110596
Strober, Michael A., Schneider, Meg. Cambridge, MA: Da Capo Press , 2005. (Book) — 1 copy, 1 available
Audience: Patient or Public
Agency: BC Children's and Women's
Location: Family Support & Resource Centre
Call Number: BB 500 STR 2005

Outlining the findings of Dr. Michael Strober's original research—that there are three distinct stages of eating disorders—this book helps parents detect the severity of a child's weight issues and helps them steer her clear of—or maneuver herself off—a slippery slope that could lead to

Life without Ed
https://libraries.phsa.ca/permalink/catalog112099
Audience: Patient or Public
Agency: BC Children's and Women's
Location: Family Support & Resource Centre
Call Number: BB 500 SCH 2004

How one woman declared independence from her Eating Disorder (E.D.). It contains exercises to break up with your personal E.D.
Meal support therapy by health professionals (DVD)
https://libraries.phsa.ca/permalink/catalog109746
Leichner P., Cairns, J., Tannahill, A. Leichner, M. Vancouver, BC: BC Children's Hospital, 2002. (Kit) — 1 copy, 1 available
Audience: Patient or Public
Agency: BC Children's and Women's
Location: Family Support & Resource Centre
Call Number: BB 500 LEI 2004

“This DVD includes dramatizations of scenarios that professionals, teen patients, and their family or friends may encounter while providing meal support. This resource is particularly useful for training new staff or students in meal support philosophy and techniques.”

Medical management of eating disorders: a practical handbook for health care professionals
https://libraries.phsa.ca/permalink/catalog19073
Audience: Professional
Agency: BC Cancer Agency
Location: Abbotsford Library FHA
Call Number: WM175 B57 2004

My big fat secret: How Jenna takes control of her emotions and eating
https://libraries.phsa.ca/permalink/catalog111515
Schechter, Lynn R. Washington,DC: Magination Press, 2010. (Book) — 1 copy, 1 available
Audience: Patient or Public
Agency: BC Children's and Women's
Location: Family Support & Resource Centre
Call Number: JUNIOR BB 500 SCH 2010

“Written by a psychologist, this is a story of a girl who is having a difficult time in middle school. She is overweight and she has a hard time to stop eating when she feels sad or mad. Through Jenna's story, kids will learn how to stop overeating before it starts, identify emotional triggers that…”
Nutrition counseling in the treatment of eating disorders

https://libraries.phsa.ca/permalink/catalog21774

Herrin, Marcia, Larkin, Maria; New York: Brunner-Routledge, 2013. 2nd ed. (Book) — 1 copy, 1 available

Audience: Professional
Agency: BC Cancer Agency
Location: Abbotsford Library FHA
Call Number: WM175 H47 2013


Off the C.U.F.F. (Clear, Undisturbed, Firm and Funny)

https://libraries.phsa.ca/permalink/catalog112076

Zucker, Nancy. Duke University Medical Center, 2008. (Book) — 1 copy, 1 available

Audience: Patient or Public
Agency: BC Children's and Women's
Location: Family Support & Resource Centre
Call Number: BB 500 ZUC 2008

This skills manual, based on the curriculum taught to parents in the Parent Training Program at Duke Eating Disorders Program, is designed to give parents tools to manage their children's illness when their child is struggling with an eating disorder. It provides information on managing the

One body to love

https://libraries.phsa.ca/permalink/catalog112037
http://www.blinkx.com/watch-video/one-body-to-love/SJPB_NWu91HkfdeDATXoIA

Vancouver, BC: VanWestFilm Productions, Inc., 2012. (Video)

Audience: Patient or Public
Agency: BC Children's and Women's
URL Notes: Click on the link above to stream this video.

"A short documentary film on body image and disordered eating in today's youth."
Overcoming body image disturbance: a programme for people with eating disorders

https://libraries.phsa.ca/permalink/catalog19094


Audience: Professional
Agency: BC Cancer Agency
Location: Abbotsford Library FHA
Call Number: WM175 B45 2008

Content: Body image and body image disturbance -- Body image disturbance and psychological disorders -- What works? the design of this programme -- Therapist skills needed for this programme -- The programme.

Over It: A teen's guide to getting beyond obsessions with food and weight

https://libraries.phsa.ca/permalink/catalog104750

Normandi, Carol Emery, Roark, Laurelee. Novato, CA: New World Library; Distributed to the trade by Publishers Group West, 2001. (Book) — 1 copy, 0 available

Audience: Patient or Public
Agency: BC Children's and Women's
Location: Family Support & Resource Centre
Call Number: YOUTH BB 500 EME 2001

The authors look at the behaviors that may lead to eating disorders and the cultural, emotional, and physical reasons girls obsess about weight and eating. They go on to offer girls and their parents a map and a method for finding a realistic and livable balance. Stories and quotations from girls.

A parent's guide to defeating eating disorders: Spotting the stealth bomber and other symbolic approaches

https://libraries.phsa.ca/permalink/catalog112014


Audience: Patient or Public
Agency: BC Children's and Women's
Location: Family Support & Resource Centre
Call Number: BB 500 BOA 2011

Written by eating-disorder specialists, this book will help caregivers to reach out to young people having difficulty cooperating with treatment for an eating disorder. The authors use of analogies and metaphors helps to crystallize a practical understanding of eating disorders and the crucial
Parent's guide to eating disorders: Supporting self-esteem, healthy eating, & positive body image at home

https://libraries.phsa.ca/permalink/catalog110349


Audience: Patient or Public
Agency: BC Children's and Women's
Location: Family Support & Resource Centre
Call Number: BB 500 HER 2007

Focusing on the family, this book teaches parents how to examine and understand their family's approach to food and body-image issues and its effect on their child's behavior. Parents learn to identify an eating disorder early, to establish healthy attitudes toward food at a young age, and to

Perfect

https://libraries.phsa.ca/permalink/catalog110585


Audience: Patient or Public
Agency: BC Children's and Women's
Location: Family Support & Resource Centre
Call Number: YOUTH BB 530 FRI 2004

"Following the death of her father, a thirteen-year-old uses bulimia as a way to avoid her mother's and ten-year-old sister's grief, as well as her own."

Perfect illusions: Eating disorders and the family

https://libraries.phsa.ca/permalink/catalog109194

Case, Peggy (Producer/Director). [Seattle, WA]: KCTS Television, 2002. (Video) — 1 copy, 1 available

Audience: Patient or Public
Agency: BC Children's and Women's
Location: Family Support & Resource Centre
Call Number: BB 500 CAS 2002

This KCTS Television documentary, focuses on the experiences of four families whose lives have been impacted by eating disorders. What the risk factors are, how to identify early warning signs, where families can turn during the treatment and recovery process: these questions and more are addressed
Il reste en moi beaucoup de mots jamais écrits ; Des mots rudes comme la musique de mon cœur ; Des mots qui coulent dans mes veines ; Essayant de se rendre jusqu'à ma main ; Ensemble, engagées dans la voie de l'expression, grâce à la magie de l'écriture et au pouvoir de la création, ces adolescent…

The early chapters of this book provide background information, including case histories and an analysis of the normal development of eating and drinking. Other chapters deal with specific areas of difficulty, such as positioning, assessment, practical management, nutrition, dental hygiene and drib…

A biographical account of a young man's battle and triumph over the eating disorder anorexia nervosa.