

## **Book Recommendations for Parents of Patients with Eating Disorders**

- Help Your Teenager Beat an Eating Disorder (James Lock and Daniel Le Grange)
- Feeding Your Anorexic Adolescent (Claire Norton)
- When Your Teen Has an Eating Disorder: Practical Strategies to Help Your Teen Recover from Anorexia, Bulimia, and Binge Eating (Lauren Muhlheim)
- Throwing Starfish Across the Sea (Laura Collins Lyster-Mensh and Charlotte Bevan)
- Decoding Anorexia: How Breakthroughs in Science Offer Hope for Eating Disorders (Carrie Arnold)
- Anorexia and other Eating Disorders: How to help your child eat well and be well: Practical solutions, compassionate communication tools and emotional support for parents of children and teenagers (Eva Musby)

## **Helpful Websites and Forums**

- Families Empowered and Supporting Treatment for Eating Disorders  
[www.feast-ed.org](http://www.feast-ed.org)
- Maudsley Parents: A site for parents of eating disordered children  
[www.maudsleyparents.org](http://www.maudsleyparents.org)
- F.E.A.S.T.'s Around the Dinner Table Forum  
[www.aroundthedinnertable.org](http://www.aroundthedinnertable.org)
- The Full Bloom Project: Body-positive partnerships for a more embodied and inclusive next generation  
<https://www.fullbloomproject.com/>

## **Videos About Family-Based Treatment and Helping Your Child With An Eating Disorder**

- <https://www.youtube.com/watch?v=zPyiddgWlFE>

## **Helpful Blog Posts**

- What I Wish I Knew Before My Daughter Developed Anorexia  
<https://www.today.com/health/what-i-wish-i-knew-my-daughter-developed-anorexia-t101533>
- Ten Things I Wish Physicians Would Know About Eating Disorders  
<https://www.edcatalogue.com/ten-things-wish-physicians-know-eating-disorders/?fbclid=IwAR2x1hMfQEmPcSW7ojJwn7H64V0nC9Dk24TLduUBjpLc1kTb8WPNZCi62Do>
- Coming to Terms with My Daughter's Genetically Programmed Body Size  
<https://www.kartinclinic.com/blog/post/coming-to-terms-with-my-daughters-genetically-programmed-body-size/>
- One Spoonful at a Time  
<https://www.nytimes.com/2006/11/26/magazine/one-spoonful-at-a-time.html>