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Booklist

Registered Charity Number 1150416
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Patrons: Dame Margaret Barbour, Ian Gregg, Jane Gregg, Susie Orbach, Denise Robertson

This booklist is for your information and contains some of the titles we are aware of. The list is not exhaustive and we are always glad to hear of new books that you have read and found particularly helpful. Not all the books on the list have been reviewed by NIWE workers.

Eating Distress

DEALING WITH EATING DISORDERS Kate Haycock, published by Wayland 1994
ISBN 0-7502-2286-7

The author discusses many issues relating to anorexia, bulimia, compulsive eating and obesity and gives useful suggestions for developing a positive body image. Written in an easy to read style.

For young people 13+

EATING DISORDERS Your questions answered Liz Hodgekinson
Published by Ward Lock 1995 ISBN 0-7063-7403-7

Liz Hodgekinson a journalist and author, addresses the subject in a simple question and answer format based on the latest research and theories. Provides the reader with an understanding of eating problems and gives a clear outline of diagnosis and treatments.

HOW TO SURVIVE ANOREXIA: A guide to Anorexia Nervosa and Bulimarexia by Peter Lambley. Published by Muller, Blond & White 1983 ISBN 0-584-11066-9
Dr Lambley is a psychologist and the book is a guide to the recognition and treatment of anorexia. It is written for those with anorexia and carers of people with anorexia to help them understand their eating problem and how to help themselves.

EATING YOUR HEART OUT: Understanding and Overcoming Eating Disorders by Julia Buckroy. Published by Optima 1994

Based on the author's personal experience and those of people she has counselled. Examining eating problems and their use in expressing emotional turmoil. The book gives feminist ideas about sexuality and society and the complexity of family relationships.

THE ANOREXIC EXPERIENCE by Marilyn Lawrence. Published by The Women's Press 1988 ISBN 0-7043-4441-6

Marilyn Lawrence is a therapist who offers a clear, accessible and helpful guide to understanding and tackling anorexia in a practical handbook. She discusses how to recognise anorexia in one's self and others, the fallacy of the ideal weight, treatments available and practical ways of helping yourself and others.

ANOREXICS ON ANOREXIA edited Rosemary Shelley Published by Jessica Kingsley 1997 ISBN 1-85302-471-6

A recovered anorexic has collected contributions from nineteen people struggling with anorexia. The book will give insights to those caring for people with anorexia also.

ANOREXIA NERVOSA The wish to change by AH Crisp, N Joughin, C Halek and C Bowyer Published by Psychology Press 1996 ISBN 0-86377-408-3

Self-help and discovery – the thirty steps. A book aimed at enabling people with anorexia to help themselves and arranged as a practical workbook including charts, tables and illustrations.

FAT IS A FEMINIST ISSUE by Susie Orbach Published by Arrow Books 1988 ISBN 0-09-938830-8

This book brought eating problems into the open and started a revolution in the treatment of compulsive eating, bulimia and anorexia. It describes why women get fat, why they regain weight after dieting and how they can learn to stabilise their weight.

ON EATING change your eating change your life by Susie Orbach

Published by Penguin 2002 ISBN 0-14-100751-6

Susie uses bite-sized keys to free yourself from dieting and denial. Turn eating that makes you guilty or unhappy into eating that nourishes and calms. It isn't magic but it feels as if it is.

IT'S NOT WHAT YOU EAT IT'S WHY YOU EAT IT The successful way to overcome eating problems by Beechy Colclough

Published by Vermillion 1995 ISBN 0-0917-9126-X

The author is a therapist and qualified practitioner with the International Association of Food Disorder Professionals. Beechy encourages people to realise that by understanding their feelings they can begin to understand and control their relationship with food.

YOU DON'T HAVE TO DIET Dieting is the problem not the solution by Tom Sanders & Peter Bazalgette Published by Bantam Press 1994

ISBN 0-593-02184-3

The authors explore the relationship between fatness and health and explain what really happens to our bodies when we diet. They offer a clear analysis of today's diet obsession and related eating problems and present a simple, sensible way of controlling weight long term without resorting to dieting.

OVERCOMING BINGE EATING by Dr Christopher Fairburn. Published by The Guildford Press 1995 ISBN 0-89862-179-8

The author is a leading international expert on eating distress. The book gives advice, encouragement and detailed guidance that can help transform relationships to food in a clear step-by-step format.

GETTING BETTER BIT(E) BY BIT(E): a survival kit for sufferers of bulimia nervosa and binge eating disorders by Ulrike Schmidt & Janet Treasure Published by Psychology Press 1993 ISBN 0-86377-322-2

ISBN 0-86377-322-2

A self-help book proven in clinical trials, empowering people to take control of their lives by providing information and advice needed to tackle eating problems. The book concentrates on key behaviour changes necessary to achieve a happier and more fulfilled life.

LIVING WITH ANOREXIA AND BULIMIA by Jane Moorey Published by Manchester University Press 1991 ISBN 0-7190-3369-1

Provides an understanding of anorexia and bulimia and addresses the issues of how families and friends can help, of self-help and of treatment.

SIZEABLE REFLECTIONS Big women living full lives Editor Shelley Bovey Published by The Women's Press 2000 ISBN 9-78074-345874

A collection of essays by successful women celebrating their bodies. They have come to accept their bodies, to love the way they look and feel.

BULIMICS ON BULIMIA edited by Maria Stavrou. Published by Jessica Kingsley Publishers 2009. ISBN 978-1-84310-668-5

A collection of accounts by people who are **living with** bulimia. The powerful stories provide new perspectives on the experience of bulimia, revealing the complex realities of the illness and the different ways in which different people view themselves and the disorder that has become part of their lives. Provides a good insight for carers and professionals.

WEIGHING IT UP by Ali Valenzuela. Published by Hodder Children's Books 2009
ISBN 978-0-340-98840-4

A teenagers frank account of being anorexic includes diary extracts from the point when, at age 14, the illness started to control her life, to the present-day when she is controlling the illness.

UNDERSTANDING YOUR EATING – How to eat and not worry about it by Julia Buckroyd
Published by Open University Press first in 1989 new edition 2011
ISBN 978-0-335-24197-2

This book is easy to read, written in simple plain language. This provides an insight into the reasons behind our relationship with food and our emotions. The book is useful for both individuals wanting to explore their relationship with food and for workers wanting to gain an insight into Eating Distress

For Men

MAKING WEIGHT Men's Conflicts with Food, Weight, Shape & Appearance by Arnold Anderson, Leigh Cohn, Thomas Holbrook. Published by Gurse Books 2000 ISBN 0-936077-35-2

A groundbreaking book that changes the way we think about men and their bodies. These problems have been long thought to be women's problems and have been hidden problems for many men. This book explains why, and what to do about it.

For Supporters of people with eating distress.

ANOREXIA NERVOSA A survival guide for families, friends and sufferers. By Janet Treasure Published by Psychology Press 1997
ISBN 0-86377-760-0

The book attempts to answer some of the questions like, "What is anorexia?" "What has caused it?" "What can be done about it?" The book includes sections for carers alongside the sections for people with eating distress. Readers are encouraged to use the book as a tool and ask, "Is this part relevant to me?" rather than trying to fit it all to themselves.

ANOREXIA NERVOSA AND BULIMIA How to help by Marilyn Duker and Roger Slade
Published by Open University Press 1988 ISBN 0-335-09832-0

This book is for anyone who wants to do something practical about anorexia nervosa / bulimia. It answers the question, "How can I help?" and "How can I be sure my efforts won't make matters worse?"

EATING DISORDERS A parents guide by Rachel Bryant-Waugh & Brian Lask Published by Penguin 1999 ISBN 0-14-026371-3

Written by two experienced clinicians from Great Ormond Street Hospital Eating Disorders Clinic. The authors use the words of children and parents who have attended the clinic and

answer questions parents are likely to ask if they are concerned that their child may have an eating problem.

THE SECRET LANGUAGE OF EATING DISORDERS by Peggy Claude-Pierre Published by Bantam Books 1998 ISBN 0-553-50525-4

The author is a mother of two daughters who developed eating problems. It tells of how she worked with her own daughters and set up the Montreux Clinic in Canada to treat eating problems using a programme which she describes as using unconditional love, understanding and positive reinforcement.

Carers

SKILLS BASED LEARNING FOR CARING FOR A LOVED ONE WITH AN EATING DISORDER – THE NEW MAUDSLEY METHOD by Janet Treasure, Grainne Smith and Anna Crane. Published by Routledge 2007.

This book equips carers with skills and knowledge needed to support and encourage those suffering from an eating disorder and to help them break free from the traps that prevent recovery. The book is good for carers and professionals.

Booklets

UNDERSTANDING EATING DISTRESS by Rosalind Caplin.

A leaflet published by MIND 1997 Written by someone with experience of eating problems. This gives a basic understanding of eating distress, what it is, who it affects, what causes it and how to find help. Available from MIND Publications Department, 15-19 Broadway, Stratford, London E15 4BQ. Tel 0208 519 2122. Also available in cassette form from RNIB.

ALL ABOUT ANOREXIA NERVOSA by Charlotte Start. A leaflet published by the Mental Health Foundation 1997. A basic booklet for those wanting to know about anorexia nervosa.

ALL ABOUT BULIMIA NERVOSA by Charlotte Start. A leaflet published by the Mental Health Foundation 1997. A basic booklet for those wanting to know about bulimia nervosa.

These two booklets are available from the Mental Health Foundation, 37 Mortimer Street, London W1N 8JU Telephone 0207 580 0145

Related Issues

WHAT'S REALLY GOING ON HERE? Making sense of our emotional lives. By Susie Orbach Published by Virago 1994 ISBN 1-85381-798-8

Susie Orbach confronts our fears and the emotional minefield of our public and private lives. She calls for a restructuring of our institutions to accommodate and enhance our emotional, social and civic selves.

WOMEN'S CONFLICTS ABOUT EATING AND SEXUALITY The relationship between food and sex by Rosalyn M Meadow & Lillie Weiss Published by Harrington Park Press 1992 ISBN 0-918393-98-1

Psychologists Drs Meadows and Weiss write about the interplay between food and sexuality and show how sex and food satisfy a woman's need for love and dependency. It sheds light

on the complex issues facing women and the pressures to be slim and stay slim. Readers are asked to examine, question and change their behaviour around food.

THE MIRROR WITHIN by Anne Dickson Published by Quartet Books 1985 ISBN 0-7043-3474-7

The author looks at the basic assumptions and myths about sexuality and offers clear and practical information about a fascinating and frequently misunderstood subject.

THE FOOD AND MOOD HANDBOOK Find relief at last from depression, anxiety, PMS, cravings and mood swings. By Amanda Geary Published by Thorsons 2001 ISBN 0-00-711423-0

An invaluable guide for all those who wish to explore the relationship between nutrition and emotional and mental health. The book includes clear guidance for changing what you eat to improve the way you feel; explanations for some of the effects of food on mood; top ten quick and easy good mood food recipes; full details of the Mind Meal for mental health. Amanda Geary is a nutritional therapist and founder of the Food and Mood Project.

WOMEN WHO LOVE TOO MUCH When you keep wishing and hoping he'll change. By Robin Norwood Published by Arrow 1986 ISBN 0-09-948230-4

Robin Norwood is a relationship therapist and she writes about women who find themselves repeatedly in unhappy and destructive relationships with men. The book looks at how addictive these relationships can be and gives a guide to recovery from 'loving too much'.

Abuse

STRONG AT THE BROKEN PLACES Overcoming the trauma of childhood abuse by Linda T Sanford Published by Virago 1991 ISBN 1-85381-374-5

Psychotherapist Linda Sanford combines research and interviews with survivors of childhood abuse. In her experience most survivors break free from patterns of victimisation and abuse and go on to lead healthy and fulfilling lives. The book discusses key issues such as self-image, intimacy and work.

THE MEMORY BIRD Survivors of Sexual Abuse Eds. Caroline Malone, Linda Farthing and Lorraine Marce Published by Virago 1996 ISBN 1-85381-859-3

An anthology of hundreds of contributions from survivors of sexual abuse which dispel the myth of the isolated chronically depressed victim. This book demonstrates the resilience and will of adult survivors to heal themselves and lead full lives. It shows the pain suffered, but stands as a testament to survivors' healing, hope and strength.

Self Harm

CUTTING THE RISK Self harm, self care and risk reduction.

Published by National Self-Harm Network ISBN 0-9534027-1-2

Offers frank answers to painful questions about self-harm. Written by survivors and professionals, it is an essential resource for those living with self harm.