

Books I Recommend

A curated collection of books and workbooks that offer hope, understanding, and practical guidance for recovery.

Books

Within: Making Peace with Food and Body Image to Create a Happy, Healthy Home

Karen Diaz, RD

Sick Enough

Jennifer L. Gaudiani, MD

8 Keys to Recovery from an Eating Disorder

Carolyn Costin & Gwen Schubert Grabb

Life Without Ed

Jenni Schaefer

Goodbye Ed, Hello Me

Jenni Schaefer

Brave Girl Eating

Harriet Brown

Helping Your Teenager Beat an Eating Disorder

James Lock & Daniel Le Grange

The Parent's Guide to Eating Disorders

Marcia Herrin & Nancy Matsumoto

The Eating Disorder Trap

Robyn Goldberg

Workbooks

The Eating Disorder Recovery Workbook

Carolyn Costin, PsyD

8 Keys to Recovery Workbook

Carolyn Costin & colleagues

The CBT Workbook for Eating Disorders

Riccardo Dalle Grave, MD

These recommendations are intended to complement professional support, not replace it. If you are struggling with an eating disorder, consider working with a qualified treatment team.