

EATING DISORDER & BODY IMAGE

Resource List

The resources listed below provide information on eating disorders and are intended to broaden knowledge on the subject. The opinions and suggestions expressed are not necessarily those of the Community Nutrition Unit or TEDWeb. It is recommended that assistance from health professionals is sought in all cases.

In addition, this is not a comprehensive list. These are only the resources available for loan. It is also recommended that people view the library and booklist sections on the websites of interstate eating disorder associations. See “Reading List” and “Links to Other Sites” on Eating Disorder Foundation of Victoria’s website: www.eatingdisorders.org.au/.

1. NEWSLETTERS / JOURNALS / MAGAZINES

*These newsletters and journals are available on loan from the Community Nutrition Unit
ph (03) 6222 7222.*

“Spread Your Wings”: newsletter of the
Eating Disorder Foundation of Victoria

1513 High Street
GLEN IRIS VIC 3146
Ph (03) 9885 0318 Fax (03) 9885 1153
Website: www.eatingdisorders.org.au
Email: edfv@eatingdisorders.org.au

“Through the Looking Glass”:
newsletter of the **Eating Disorder
Association Inc Queensland**

53 Railway Terrace
MILTON QLD 4064
Ph (07) 3876 2500
Website: www.uq.net.au/eda/
Email: eda.inc@uq.net.au

“Keeping in Touch”: newsletter of the
**Eating Disorder Association of South
Australia Inc**

First Floor Woodards House
47 – 49 Waymouth Street
ADELAIDE SA 5000
Ph (08) 8212 1644 Fax (08) 8212 7991
Website: www.communitywebs.org/edasa
Email: edasa@internode.on.net

**Newsletter of the Eating Disorder
Foundation of NSW Inc**

PO Box 532
WILLOUGHBY NSW 2068
Ph (02) 9412 4499
Website: www.edsn.asn.au
Email: edsn@edsn.asn.au

“Radiance”: the Magazine for Large
Women

Ceased publication in 2000 but back copies
are available.
Website: www.radiancemagazine.com
Email: Radmag2@aol.com

“Healthy Weight Journal”:
**Research, News and Commentary
Across the Weight Spectrum**

PO Box 785
LEWISTON NY 14092-0785
USA
Website: www.healthyweight.net
Email: CustomerCare@bcdecker.com

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2. BOOKS – DISORDERED EATING

*Numbered items are available on loan from the Community Nutrition Unit ph (03) 6222 7222.
This is their catalogue number.*

(1303) Eating Disorders: How to Have Real Control

By Steve Brigham
(ACP Publishing, 2003)

(944) Mary Jane - Living Through Anorexia and Bulimia Nervosa

By Sancia Robinson
(Random House Australia, 1996)

(1227) How to Recover from Anorexia and Other Eating Disorders

By Melinda Hutchings with Chris Thornton
(Hale & Irmonger, 2001)

(877) Eating Disorders: A Survival Guide For Family & Friends

By Jillian Ball and Rae Ball
(Doubleday 1995)

(1226) Fighting for Life: Anorexia – the Road to Recovery

By Melinda Hutchings
(Hale & Irmonger, 2000)

(876) When Eating is Everything

by Jillian Ball and Fiona Place
(Doubleday Books, 1991)

**Eating Disorders Source Book:
A Comprehensive Guide to Causes,
Treatment and Prevention**

By Carolyn Costin
(Lowell House, 1999)
Loan State Library ph 6233 7481

(459) Making Peace with Food

by Susan Kano
(Harper & Row, 1989)

**(1314) Bulimia Nervosa & Binge-Eating:
A Guide to Recovery**

By Peter Cooper (Robinson, 1995)

(458) Why Weight? A Guide to Ending Compulsive Eating

by Geneen Roth
(Plume, 1989)

(849) In the Dark about Eating Disorders : Answers for the Coach

By Janine Phillips
(Australian Sports Commission 1997)

(492) Anti-Diet: You Are Not What You Eat

by Barbara Coish
(Hill of Content, 1988)

(850) Information on Eating Disorders for Health Practitioners

Peter Howell (EDFV, 1999)

(1001) Eating Disorders: The Facts

By Suzanne Abraham & Derek Llewellyn-Jones
(Oxford, 1984)

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3. BOOKS – BODY IMAGE

*Numbered items are available on loan from the Community Nutrition Unit ph (03) 6222 7222.
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**(916) Body Image and The Role of Fitness
Instructors**

By Body Image Health Inc & VicFit
(2001)

**(1304) Good Enough to Eat: a Coaches
Guide to Addressing Body Image &
Eating Issues Among School-Aged
Athletes**

By Education Queensland
(2001)

**(1067) The Body Snatchers:
How the Media Shapes Women**

By Cyndi Tebbel
(Finch Publishing, 2000)

**(1124) That Body Image Thing:
Young Women Speak Out**

Edited by Sara Torres
(CRIA, 1999)

(1375) Body Image Workbook

By Thomas Cash
(New Harbinger Publications, 1997)

**(520) Am I Fat: Helping Young Children
Accept Differences in Body Size**

by J. Ikeda & O. Naworski
(ETR Associates, 1995)

**(1134) Real Gorgeous : The Truth About Body
and Beauty**

By Kaz Cooke
(Allen & Unwin, 1994)

**(1052) The Cosmetic Surgery Report:
Report to the NSW Minister for
Health**

(Health Care Complaints Commission,
1999)

**(1051) A Review of Published
Literature on the Effectiveness of
Selected Cosmetic Surgery
Procedures**

(Australian Centre for Effective
Healthcare, University of Sydney,
1999)

**(512) When Women Stop Hating Their
Bodies**

By Hirschman and Munter
(Ballantine Books, 1995)

**(523) Nothing To Lose – A guide to Sane
Living in a Larger Body**

By Cheri Erdman
(Harper San Francisco, 1995)

(189) The Beauty Myth

By Naomi Wolfe
(Vintage, 1991)

(494) Transforming Body Image

by Marcia Hutchinson,
(Crossing Press, 1985)

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4. BOOKS – WEIGHT, DIETING & EATING ISSUES

*Numbered items are available on loan from the Community Nutrition Unit ph (03) 6222 7222.
This is their catalogue number.*

(1057) Secrets of Feeding a Healthy Family
By Ellen Satter
(Kelcy Press, 1999)

(461) You Count, Calories Don't
by Linda Omichinski
(Tamos Books, 1992)

(854) If Not Dieting Then What?
by Dr Rick Kausman
(Allen & Unwin, 1998)

(271) The Diet Dilemma
by Rosemary Stanton
(Allen and Unwin, 1991)

(795) Afraid To Eat: Children And Teens In Weight Crisis
By Frances M Berg
(Healthy Weight Journal, 1997)

(458) Why Weight? A Guide to Ending Compulsive Eating
by Geneen Roth
(Plume, 1989)

(847) Worth Your Weight
by Barbara Altman Bruno
(Rutledge Books, 1996)

(821) How To Get Your Child to Eat But Not Too Much
By Ellen Satter (Bull Publishing, 1987)

(555) Health Risks of Weight Loss
by Frances M Berg
(Healthy Weight Journal, 1996)

(492) Anti-Diet: You Are Not What You Eat
by Barbara Coish
(Hill of Content, 1988)

(933) Diet No More
by Judith McFaden
(Signet Books, 1995)

(521) Preventing Childhood Eating Problems
By J. Hirschmann and L. Zaphiropoulos
(Gurze Books, 1993)

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5. VIDEOS

*Numbered items are available on loan from the Community Nutrition Unit ph (03) 6222 7222.
This is their catalogue number. Other items provide the source for loan.*

Eating Disorders: the facts (1996) 25 mins

An Australian video that gives information on eating disorders, dieting and body dissatisfaction. It examines causes, treatment and prevention and interviews young women with past eating disorders.

*Available for loan through the State Library
ph (03) 6233 7481*

**Getting there ...recovery from eating disorders
- Video (2002) 35 mins**

This video is produced by the Eating Disorders Foundation of Victoria. It features personal experiences of eating disorders with a focus on the recovery process.

*Available via Eating Disorders Foundation of
Victoria ph (03) 9885 0318*

**(1236) Why Me? Weight Management
(2001) 41 mins**

Up to date information on a healthy approach to weight management. It explores the problems of dieting, setting achievable goals, food attitudes and strategies for healthy natural eating.

(476) Gorgeous 10 mins

A comical and thought provoking video. It uses a fictitious cartoon character to explore how society's attitudes towards body weight and beauty are internalized in all of us and the impact this can have on one's life.

(918) Gracious Curves 50 mins

A slow moving, gentle film from Finland that offers a positive exploration of the issue of aging and body image for women.

(561) The Famine Within 60 mins

Examines the struggle with food and weight experienced by women in western culture and gives an analysis of the obsession with thinness and prejudice against fatness.

**(1373) Understanding Eating Disorders: a
program designed to help family & friends
(2001) 50 mins**

This video provides helpful background information for family & friends of a person with an eating disorder. It includes recognising an eating disorder, approaching and supporting someone with an eating disorder, seeking help and how eating disorders affect other people.

**(919) Smallest Room in the House:
Meshel Laurie, "Flesh Freak" 29 mins**

Meshel Laurie uses comedy to tell her own story of growing up in conflict with her weight and food. It is a moving and powerful insight into the impact of social and cultural pressures around weight and body size.

(1372) Turning Points 70 mins

An informative American video which provides sound information on:

- the body's set point weight, metabolism and the impact of dieting
- nutrition and normal eating
- strategies to support healthy eating and body weight.

**(523) Nothing to Lose "Fat Lip
Readers Theatre" 30 mins**

A powerful and challenging video that aims to challenge fat prejudice. It includes the words and experiences of 15 fat, feisty women speaking about being fat in America.

(561) Killing us Softly 53 mins

Explores how advertising and the media encourages weight preoccupation among girls and women in Canadian & western societies.

6. CONFERENCE PROCEEDINGS AND REPORTS

*Numbered items are available on loan from the Community Nutrition Unit ph (03) 6222 7222.
This is their catalogue number.*

**(1280) “Shape of Things to Come”:
Proceedings of the 3rd National Body
Image Conference.**

Body Image and Health Inc VIC, 2001

**(1020) “The Body Culture”:
Conference Proceedings.**

Body Image and Health Inc VIC, 1999

**(632) The EDNA Project: Executive
Summary – An Eating Disorder Needs
Assessment in Southern Tasmania**

Community Nutrition Unit TAS, 1997

**(845) Body Image Research Forum:
Proceedings**

Body Image and Health Inc VIC, 1997

**(1371) “Caring for Health”:
Ministerial Summit on Body Image and Eating Disorders**
NSW Health, 1996

**(575) Body Image, Sex Role Stereotyping and
Disordered Eating Behaviour**

School of Nursing

Queensland University of Technology, 1995

**(628) Eating Issues Forum :
Proceedings and Recommendations.**

School of Nursing

Queensland University of Technology, 1995

**(1125) “The Encultured Body”:
Policy Implications for Healthy Body Image and
Disordered Eating Behaviours.**

School of Nursing

Queensland University of Technology, 2000

**(631) The EDNA Project: An Eating
Disorder Needs Assessment in Southern
Tasmania**

Community Nutrition Unit TAS, 1997

**(846) Challenge the Body Culture:
Attitudes, Acceptance and Diversity into
the 21st Century: Conference Proceedings**

Queensland University of Technology, 1997

**(635) Body Image: “Drop a dress size by the
weekend...yeah sure!”**

A qualitative study of young women and the
social and cultural influences on body image.
Body Image and Health Inc VIC, 1997

**(844) Current Dilemmas and Possibilities in
Treating Eating Disorders: Conference
Proceedings**

July 1996

(796) Report on the Eating Disorders Project
NSW Department of School Education,
1993