



Recommended Reading

Effective Clinical Practice in the Treatment of Eating Disorders, The Heart of the Matter.

Margo Maine, William N Davies and Jane Shure.

Trauma-Informed Approaches to Eating Disorders.

Andrew Seubert and Pam Viridi.

Working with People Affected by Eating Disorders and Facultative Recovery.

Jean Morrissey and Kielty Oberlin.

8 Keys of Recovery from an Eating Disorder.

Carolyn Costin and Gwen Schubert Grabb (this book can be used by clients and therapists).

An Internal Family Systems Guide to Recovery From Eating Disorder: Healing Part by Part.

Amy Yandel Grabowski (this book can be used by clients and therapist).

Loving Someone with an Eating Disorder.

Dana Harron. (An adult orientated book for partners/spouses).

Embodiment and the Treatment of Eating Disorders: The Body as a Resource in Recovery.

Catherine Cook-Cottone.

The Golden Cage.

Hilde Bruch.

Therapy for Eating Disorders: Theory, Research & Practice (Therapy in Practice).

Sara Gilbert.

Therapists Guide to treating Eating Disorders in a social media age.

Shauna Frisbie.

New to Eating Disorders.

Jane Morris.

The Treatment of Eating Disorders: A Clinical Handbook Illustrated Edition.

Carlos M. Grilo, James E. Mitchell.

Unpack your eating disorder.

Marcia Ganci

The Eating Disorder Sourcebook.

Carilyn Costin.



The Greenane Centre

Promoting Therapeutic Excellence Through Specialised CPD

Surviving an Eating Disorder – Strategies for Family and Friends.

Siegel, Brisman & Weinshel.

Eating by the light of the Moon.

Anitia Johnson.

Ending the Diet Mindset: Reclaim a Healthy and Balanced Relationship with Food and Body Image.

Becca Clegg.

Attachment, Relationships and Food – From Cradle to Kitchen.

Linda Cundy.

Addicted to Energy Deficit - Your Neuroscience Based Guide to Restrictive Eating Disorders.

Helly Barnes.

If you wish to do your book review on a text that is not outlined on the recommended reading list, please email your request to liz@greenane.ie for approval.

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- Publisher
- Year of Publication