

# Research Guides



## EATING DISORDERS

ADULT NONFICTION – 3<sup>RD</sup> FLOOR

**The Eating Disorder Sourcebook: A Comprehensive Guide to the... - 616.8526 Cos**

Covers new medications and treatment programs, underlying causes and risk factors, and strategies for detecting and preventing eating disorders.

**Helping Patients Outsmart Overeating: Psychological Strategies for Doctors... - 616.8526 Koe**

This book offers a new paradigm for doctors and health care providers treating patients with eating and weight concerns that replaces a failed, moralistic focus on weight and weight-loss with one of fostering health, pride, self-efficacy, and effective self-care.

**Well Nourished: Mindful Practices to Heal Your Relationship with Food... - 616.8526 Lie**

Shows you how to develop a mindful relationship with food as you nourish yourself emotionally.

**The Hunger Fix: The Three-stage Detox and Recovery Plan for Overeating... - 616.8526 Pee**

Presents a groundbreaking, neuroscience-based program to rewire your food-addicted brain.

**Regaining Your Self: Breaking Free from the Eating Disorder Identity – 616.8526 Sac**

Introduces a pioneering new therapy for the treatment of eating disorders, in a handbook that combines radical therapeutic techniques with firsthand accounts from patients and family members and an emphasis on a personalized approach to treatment.

### FINDING BOOKS AND OTHER LIBRARY MATERIALS

**Dewey Decimal browsing numbers: 616.8526**

In addition to reference books, you may want to search for other books and materials (videos, audiobooks, etc.) on your topic. You can access the Library catalog from the Library or from home by going to [www.wtpl.org](http://www.wtpl.org). A good subject search is **eating disorders**.

### EBOOKS

Visit **EBSCOhost** ([www.wtpl.org/research](http://www.wtpl.org/research)) or <https://wtpl.overdrive.com> to search the thousands of eBooks the Library has to offer. Library card required. Contact an Adult Services Librarian for additional details.

## ARTICLES

The following sources can be used to find magazine articles dealing with your topic:

- **EBSCOhost and General OneFile** - Access from the Library or at home using your library card number at [www.wpppl.org](http://www.wpppl.org). Search for full-text articles in these online databases using your choice of keywords. You can limit the search to a certain year or even a certain magazine.

## WEB SITES

**The Alliance for Eating Disorders Awareness:** Types of Eating Disorders, Causes, Is There a Problem, Getting Help, Resources, Updates and more.

<https://www.allianceforeatingdisorders.com/>

**Office of Women's Health's Anorexia:** From the government's Office on Women's Health, this user-friendly site gives a clear overview of anorexia, causes, symptoms and treatments. Also has information about bulimia and binge-eating.

[www.womenshealth.gov/mental-health/mental-health-conditions/eating-disorders/anorexia-nervosa](http://www.womenshealth.gov/mental-health/mental-health-conditions/eating-disorders/anorexia-nervosa)

**Eating Disorder Referral and Information Center:** Provides assistance "in the form of information and resources to those suffering with eating disorders to get them started on the road to recovery and healthy living."

[www.edreferral.com](http://www.edreferral.com)

**Eating Disorders Anonymous:** Meetings, discussions, recovery, links, treatment centers and other helpful categories.

[www.eatingdisordersanonymous.org](http://www.eatingdisordersanonymous.org)

**ANRED – Anorexia Nervosa & Related Eating Disorders:** Thorough overview of eating disorders. Self-help tips & information about recovery & prevention.

[www.anred.com](http://www.anred.com)

**MedlinePlus Eating Disorders:** Many categories and links in this thorough site.

[www.medlineplus.gov/eatingdisorders.html](http://www.medlineplus.gov/eatingdisorders.html)

**National Eating Disorders Association:** NEDA seeks to prevent eating disorders through education and provides referrals to those suffering from various eating disorders and those concerned with body image and weight issues.

[www.nationaleatingdisorders.org](http://www.nationaleatingdisorders.org)