

Binge Eating Disorder & Bulimia Resources

Books for Clients:

- The Diet Survivors Handbook by Judith Matz and Ellen Frankel
- Eat What You Love, Love What You Eat for Binge Eating by Michelle May and Kari Anderson
- Self Compassion by Kristen Neff
- The 8 Keys to Recovery From An Eating Disorder by Carolyn Costin and Grabb
- Body Kindness by Rebecca Scritchfield
- Body Respect by Dr. Linda Bacon

Workbooks for Clients:

- The Healing Journey for Binge Eating by Michelle Market
- The 8 Keys to Recovery from An Eating Disorder Workbook by Carolyn Costin and Grabb
- Intuitive Eating Workbook by Evelyn Tribole and Elyse Resch (for later stages of Recovery)

Podcasts:

- Food Psych with Christy Harrison
- Body Kindness with Rebecca Scritchfield

Articles:

- On Sugar Addiction: Summary of Science: <https://marcird.com/blog/sugar-addiction-summary-science/>
- On The PAUSE Skill: https://www.huffingtonpost.com/entry/what-to-do-when-you-want-to-binge-eat_us_5a54a566e4b0ee59d41c0dba
- On Levels of Care: <https://www.nationaleatingdisorders.org/treatment-settings-and-levels-care>
- On Emotional Avoidance And Eating Disorders: <https://www.jenniferrollin.com/blog/the-link-between-emotional-avoidance-and-eating-disorders>

- On "Your Ideal Weight Isn't What You Think,": https://www.huffingtonpost.com/entry/your-ideal-weight-isnt-what-you-think_us_59d769cee4b0705dc79aa6f1
- On Radical Acceptance: https://www.huffingtonpost.com/entry/the-importance-of-practicing-radical-acceptance_us_592da801e4b0a7b7b469cd99
- On Opposite Action: https://www.huffingtonpost.com/entry/the-power-of-feeling-an-urge-and-doing-an-opposite_us_58bd5f47e4b02eac8876d0f5
- On Dieting and The Binge Cycle: <https://www.rehabs.com/pro-talk-articles/understanding-the-binge-eating-cycle-the-role-of-dieting/>
- Self-Compassion Self-Assessment: <http://self-compassion.org/test-how-self-compassionate-you-are/>
- Self-Compassion Exercises: <http://self-compassion.org/category/exercises/#exercises>
- Jennifer Rollin's Body Gratitude Meditation:
- <https://www.youtube.com/watch?v=k5ZB2ZZuqcQ>
- AED Medical Guide: <https://www.aedweb.org/learn/publications/medical-care-standards>
- On Set-Point Weight: <https://www.youtube.com/watch?v=47giNiFZycA>