



Finding Eating Disorders and Body Image Information

Some Books, Videos and Other Resources to Look for:

- 101 Ways to Help Your Daughter Love Her Body by Brenda Lane Richardson, 2001
- Anorexia Nervosa: A Survival Guide for Families, Friends and Sufferers by Janet Treasure, 1997
- The Beauty Myth by Naomi Wolf, 1991
- Body Wars: Making Peace with Women's Bodies, An Activist's Guide by Margo Maine, 2000
- The Don't Diet, Live-it! Workbook; Healing Food, Weight and Body Issues by Andrea Lobue, 1999
- "I'm, Like, SO Fat!" Helping Your Teen Make Healthy Choices about Eating and Exercise in a Weight Obsessed World by Dianne Neumark-Sztainer, 2005
- In Your Face: The Culture of Beauty and You by Shari Graydon, 2004
- Life Without Ed: How one woman declared independence from her eating disorder and how you can too. Jenni Schaefer, 2004
- Making Peace with Food; Freeing Yourself from the Diet / Weight Obsession by Susan Kano, 1989
- Obesity Myth; Why America's Obsession with Weight is Hazardous to Your Health by Paul Campos, 2004
- Slim Hopes; Advertising & the Obsession with Thinness (Video) by Jean Kilbourne
- The Strength to Resist: Beyond Killing Us Softly; The Impact of Media Images on Girls & Women (video) by Margaret Lazarus and Renner Wunderlich
- Transforming Body Image; Learning to Love the Body You Have by Marcia Germaine Hutchinson, 1985
- When Food's a Foe: How to Confront and Conquer Eating Disorders by Nancy J. Kolodny, 1987
- Why She Feels Fat: Understanding Your Loved One's Eating Disorder and How You Can Help by Johanna Marie McShane, 2008

Also: see resource lists at the websites in the Internet section



Libraries

Search library catalogues for books, videos and more about eating disorders, body image, and other subjects. Check out their websites to connect to online databases and other resources.

For public libraries - keep in mind that you will only be able to borrow directly for free from your local one, however your local public library can borrow books from other libraries for you.

Women's Health Care Centre – Resource Centre

<http://www.librarything.com/home/WomensHealthPtbo>

Brighton Public Library

<http://www.brighton.library.on.ca/>

City of Kawartha Lakes Public Library

<http://www.kawarthalakes.canlib.ca/>

Cobourg Public Library

<http://www.cobourg.library.on.ca/>

Douro-Dummer Public Library

<http://library.dourodummer.on.ca/cgi-bin/libsearch.cgi?dbNum=1&action=3>

Haliburton County Public Library

<http://www.libris.ca/hali/>

Havelock-Belmont-Methuen Public Library

<http://www.hbmlibrary.on.ca/>

Peterborough Public Library

<http://www.peterborough.library.on.ca/>

Port Hope Public Library

<http://www.phpl.ca/>

Smith-Ennismore-Lakefield Library

<http://www.mypubliclibrary.ca/>

FourInfo's Public Library listings

<http://fourinfo.cioc.ca/results.asp?STerms=library&SType=O&CMTType=S&GHID=&NUM>

You may find that your Public Library isn't listed here. That doesn't mean that they don't have anything or that you don't have one; either they didn't have an online catalogue or I missed them. I apologize for any omissions. You can look up your local library in your phone book, or local services directory.



Local Programs, Groups and Associations

Eating Disorder Program, Peterborough Regional Health Centre

Provides outpatient care for people who have eating disorders such as Anorexia Nervosa and Bulimia Nervosa.

Ages 0-17:

Family and Youth Clinic, PRHC
1 Hospital Drive
Peterborough, ON
K9J 7C6

(705) 876-5114

Ages 18+:

Women's Health Care Centre, PRHC
157 Charlotte Street
Peterborough, ON
K9J 2T7

(705) 743-4132

Toll Free: 1-800-419-3111

Body Image Coalition of Peterborough

Peterborough County-City Health Unit
10 Hospital Drive
Peterborough, ON
K9J 8M1

Phone: (705) 743-1000 x261

Fax: (705) 741-4261

Your health unit has nutrition, active living, and body-image information

Peterborough County-City Health Unit

<http://pcchu.peterborough.on.ca/>

(705) 743-1000

Haliburton Kawartha Pine Ridge District Health Unit

www.hkpr.on.ca/

1-866-888-4577



On the Internet

National Eating Disorder Information Centre

www.nedic.ca

Canadian source of information about eating disorders, prevention, treatment, other resources, and help.

Gurze Books

www.gurze.com

Newsletters, books, links, and resources on eating disorders for professionals, patients, families, and anyone else concerned with eating disorders.

Sheena's Place

www.sheenasplace.org

Website for a Toronto centre offering services information, support etc. for eating disorders.

Eating Disorders Blogs

www.eatingdisordersblogs.com

From Gurze Books, a list of links and descriptions of blogs relating to eating disorders.

National Eating Disorders Association

www.nationaleatingdisorders.org

Information, resources, news, research, etc. on eating disorders.

Healthy Weight Network

www.healthyweightnetwork.com

Information, research, news etc. on obesity, eating disorders, weight gain or loss, dieting, and health at any size.

Something Fishy Website on Eating Disorders

www.somethingfishy.org

Information about eating disorders for patients, friends, family etc. as well as support, news, resources, links, forums and personal stories.

About Face

www.about-face.org

Covering media messages affecting the self-esteem and body images of women and girls. Links, resources, etc.

Women's Health Matters – Health A-Z Basic Search.

<http://www.womenshealthmatters.ca/resources/index.cfm>

Search for books, websites, etc. in the WHM resource database about eating disorders, body image, etc.