

Bulimia Resources

WEBSITES

National Eating Disorder Information Centre

www.nedic.ca Provides information and resources on eating disorders, including bulimia, including self-help

Here to help by BC Partners on Mental Health and Addiction www.heretohelp.bc.ca

Provides information, personal stories on bulimia issues

Something Fishy – Bulimia Nervosa

www.something-fishy.org/whatarethey/bulimia.php

A comprehensive website that provides information on bulimia

Caring Online

<http://caringonline.com/eatdis/topics/bulimia.htm>

Provides resources, current research and articles on bulimia nervosa

Kelty Resource Centre

www.bcmhas.ca/keltyresourcecentre

Provides referral, online resources on eating disorders

Looking Glass Foundation

www.lookingglassbc.com

Provides families, people struggling with eating disorders a section on “Ask an expert” in addition to resources, events and links

SELF-HELP

Helpguide - US

http://www.helpguide.org/mental/bulimia_signs_symptoms_causes_treatment.htm

Offers stories, articles and resources on eating disorders and mental and emotional health (NB. This material is for information and support; not a substitute for professional advice.)

Centre for Clinical Interventions, Dept of Health, Australia

www.cci.health.wa.gov.au/resources/consumers.cfm

Offers specific resources for consumers on mental health topics through online modules as well as downloadable workbooks on “Overcoming Disordered Eating” Part A & B

Books

Sensing the Self: Women’s Recovery from Bulimia
Reindl, Sheila, Harvard University Press (2001)

You are not alone: The book of companionship for women struggling with eating disorders
Roe, Andrea—Victoria, BC: Trafford Publishing, 2006. (Book) – BB 500 ROE 2006 | FRL

Eating disorder survivors tell their stories
Chiu, Christina. – Center City, MN: Rosen Publishing Group Inc. 1998. (Book) – YOUTH BB 500 CHI 1998 | FRL

What are you hungry for?

Ginsburg, Lynn.; Taylor, Mary; Pusedu, Josef. (ill). – New York, NY: St. Martin’s Griffin, 2002. (Book) – BB 500 GIN 2002 | FRL

Why can’t I stop eating?

Danowski, Debbie; Lazaro, Pedro. – Center City, MN: Hazelden, 2000. (Book) BB 560 DAN 2000 | FRL

Bulimia: A Guide to Recovery

Hall, Kindsey; Cohn, Leigh. –Carlsbad, CA: Gurze Books, 1999. (Book) – BB 530 HAL 1999 | FRL

Overcoming Night Eating Syndrome: A step-by-step guide to breaking the cycle

Allison, Kelly C.; Stunkard, Albert J.; Their, Sara L. – Oakland, C: New Harbinger Publications, 2004. (Book) – BB 560 ALL 2004 | FRL

DVDS

Hungry hearts: Recognizing and preventing eating disorders

Spatzack-Olsen, Hans (director) -- Brewster, MA: Paraclate Video Productions, 2003. (Video) – YOUTH BB 500 SPA 2003 | FRL

Eating Disorders DVD

Niagra Falls, NY: Medical Audio Visual Communications, Inc. 2000/ (DVD) YOUTH BB 500 MED 2000. | FRL

Anorexia and bulimia: The truth about eating disorders

Interactive Educational Media, 1999. (DVD) – YOUTH BB500 INT 1999. | FRL

Understanding Anorexia and Bulimia

Parotti, Angela (Producer) Zilis, Tom (Artist) – Huntsville, TX: Educational Video Network, 1994. (DVD) – YOUTH BB 500 PAR 1994 | FRL