ED’s (Eating Disorders) and PMAD’s (Perinatal Mood and Anxiety Disorders) Resources, PSI Conference 2016

Eating Disorder Recovery:

- *Intuitive Eating: A Revolutionary Program that Works* by Evelyn Tribole, MS, RD and Elyse Resch, MS, RDN, CEDRD www.IntuitiveEating.com
- *Transforming Body Image: Love the Body You Have* by Marcia Germaine Hutchinson
- *Andrea’s Voice Silenced by Bulimia: Her Story and Her Mother’s Journey Through Grief Toward Understanding* by Doris Smeltzer
- *Women, Food and God* by Geneen Roth
- *8 Keys to Recovery from an Eating Disorder* by Carolyn Costin, MFT and Gwen Schubert Grabb, MFT
- *Surviving an Eating Disorder: Perspectives and strategies for Family and Friends* by Michelle Siegel, PhD, Judith Brisman, PhD, and Margot Weinshel, PhD

- National eating Disorders Association (NEDA) www.Nationaleatingdisorders.org

Parents/Kid specific (Books):

- *I will Never Not Ever Eat a Tomato* by Lauren Child
- *Secrets of feeding a Healthy Family: How to Eat, How to Raise Good Eaters, How to Cook* by Ellyn Satter
- *The Parent’s Guide to Eating Disorders* by Marcia Herrin EdD MPH RD

Resources for Moms:

- *When Survivors Give Birth: Understanding and Healing the Effects of early Sexual Abuse on Childbearing Women*, by Penny Simkin, PT and Phyllis Klout, MFT
- *The Body Myth* by Margo Maine
- *Does this Pregnancy make me look fat?* by Claire Mysko
- *Good Enough Mama* (Linda Shanti McCabe, forthcoming 2017, Email Linda@DrLindaShanti.com for info)

Inspirational Body (Re-) Image-ing Resources:

- [http://www.ABeautifulBodyProject.org](http://www.ABeautifulBodyProject.org) (Jade Bealle’s Photography of Real Mom Bodies)
- [http://www.middriftmovement.com](http://www.middriftmovement.com) (“Exposing the soft underbelly of Moms” documentary being made currently)
- [http://www.Recoverymama.com](http://www.Recoverymama.com) (Linda’s blog)
- Love, Food Podcast - Julie Duffy Dillon, MS, RD, NCC, LDN, CEDRD
- Savor Podcast - Danielle Beck-Ellsworth, PsyD, MFT, CEDS and Kelly Hinds, RD, CEDRD
- Recovery Warriors Podcast - Linda Shanti McCabe, PsyD