

There are abbreviated materials - "Information Packets" - that are included in this list. This list represents only materials primarily on this topic. However, there are other materials that speak to this topic available in the library (i.e., brief "Articles," etc.). Contact ORPARC for additional materials.

Eating Disorders

Material Title: **Am I Weird or Is This Normal? Advice and Info to Get Teens in the Know* (see comment about Children's Materials on Index page)**
 Author: Marlin S. Potash, Ed.D. *Children's Books* 2001 261 pages

Written by a mother-daughter team, this book offers practical, down-to-earth advice on issues teenage girls are dealing with today. It is written in question-and-answer form, and includes many quizzes, games, and helpful hints. In addition, the book is packed with current facts on alcohol and drugs, eating disorders, sex and relationships, after school jobs, college, and much more.

Material Title: **Anorexia Nervosa: When Food Is the Enemy* (see comment about Children's Materials on Index page)**
 Author: Erica Smith *Children's Books* 1999 57 pages

This book is intended to help adolescents understand the causes of anorexia and its signs and symptoms, providing them with resources that can help change anorexia's destructive course. Poignant, revealing case histories and vignettes combined with a frank, down-to-earth writing style make this book particularly appealing and relevant to young readers.

Material Title: **Eating Disorders: Foster Parent College (DVD)**
 Author: Rick Delaney *DVDs* 2003 2 Hrs

Rick Delaney helps parents identify and understand four types of eating disorders with children - refusing certain foods, stealing and hoarding food, anorexia, and gorging - and offers practical solutions.

Material Title: **Understanding Anorexia Nervosa* (see comment about Children's Materials on Index page)**
 Author: Debbie Stanley *Children's Books* 1999 89 pages

With true-to-life vignettes and a firm, reassuring tone, Stanley tells adolescent readers about the facts and myths surrounding this potentially life-threatening eating disorder. She describes anorexia's symptoms and causes, including pressure from peers, parents, and society as well as pent-up emotions and low self-esteem. Young readers can also explore healthy ways to take charge of their lives, and those who want to seek help will find practical resources for doing so.

Material Title: **Understanding Bulimia Nervosa* (see comment about Children's Materials on Index page)**
 Author: Debbie Stanley *Children's Books* 1999 115 pages

This book for adolescents, explains what bulimia is, how to recognize its symptoms, and why this serious problem is easily overlooked. Using the voices of young people who have struggled with bulimia, Stanley explores the roles pressure from peers, parents, and society -- as well as bottled up emotions and low self-esteem -- can play in developing bulimia. Practical suggestions help young readers learn to recognize and resist society's unrealistic expectations, develop a positive self-image, and evaluate their nutritional habits and fitness level accurately and honestly.