**References and Resources**

**Book titles:**

* ***Skills-based Learning for Caring for a Loved One with an Eating Disorder – The New Maudsley Method*** - Janet Treasure, Grainne Smith, Anne Crane
* ***Throwing Starfish Across the Sea*** - Charlotte Bevan and Laura Collins Lyster-Mensh).
* ***Anorexia and other Eating Disorders – How to help your child eat well and be well*** - Eva Musby
* ***Overcoming Binge Eating*** – Dr Christopher Fairburn
* ***Help Your Teenager Beat an Eating Disorder*** – Daniel Le Grange and James Locke

**Websites:**

[www.b-eat.co.uk](http://www.b-eat.co.uk) Uk ‘s leading charity

[www.feast-ed.org](http://www.feast-ed.org) American based

[www.nationaleatingdisorders.org](http://www.nationaleatingdisorders.org) - National Eating Disorders Association

[www.anad.org](http://www.anad.org) Nation Association of Anorexia Nervosa and Associated Disorders

[www.anorexiabulimiacare.org.uk](http://www.anorexiabulimiacare.org.uk)

<http://www.mind.org.uk/information-support/types-of-mental-health-problems/eating-problems/how-can-friends-and-family-help>

[www.rethink.org/carers,family,and,friends](http://www.rethink.org/carers%2Cfamily%2Cand%2Cfriends) – there is also an eating disorders factsheet under resources

[www.AroundtheDinnerTable.org](http://www.AroundtheDinnerTable.org)

[www.evamusby.co.uk](http://www.evamusby.co.uk)

[www.credo-oxford.com](http://www.credo-oxford.com)

**Highfield information:**

* Starvation Study
* Helpful things to say or not say at the meal table