

Reading & Listening Recommendations

Below is a list of some reading materials and podcast recommendations to supplement your eating disorder recovery and help you feel connected with others that might be going through similar experiences.

Articles, Blogs, & Guides

- [Looking Glass Blog](#): Personal reflections, recovery stories, tips & tools from ED experts, as well as other interesting topics are explored by our blogging community, all through a recovery lens.
- [NEDIC Blog](#): The National Eating Disorder Information Centre's blog features pieces written by members of the ED community. Topics include awareness, lived experience, professional perspective, recovery, and treatment.
- [Recovery Warriors](#): Resources for eating disorder recovery in the digital age. Podcasts, blogs, app, music, meditations, online workshops, courses, and more.
- [Self-Compassion](#): Dr. Kristen Neff provides research-based exercises, guided practices, training programs, and more on learning to practice self-compassion.
- [NEDA Toolkits](#): This US-based organization has a lot of helpful resources for people in recovery, and for those who want to learn and help. Free PDF toolkits are available for parents, athletic coaches, educators, and workplaces.

Books

To learn more about eating disorders, the following books are a good place to start:

- **8 Keys to Recovery from an Eating Disorder** by Carolyn Costin and Gwen Schubert Grabb
- **Intuitive Eating** by Evelyn Tribole and Elyse Resch
- **Life Without ED** by Jenni Schaefer and Thom Rutledge
- **Telling ED No!** by Cheryl Kerrigan
- **Regaining Yourself** by Dr. Ira Sacker
- **Getting Better Bite by Bite: A Survival Kit for Bulimia Nervosa and Binge Eating Disorders** by Ulrike Schmidt, Janet Treasure, and June Alexander
- **Living Like You Mean It: Using the Wisdom and Power of Your Emotions to Get the Life You Really Want** by Ron Frederick
- **The Mindful Way Through Anxiety** by Orsillo Roemer
- **Self-Compassion** by Kristen Neff
- **Health at Every Size: The Surprising Truth About your Weight** by Linda Bacon

Podcasts

- [Let Us Eat Cake](#): Podcast hosted by two Vancouver-based Registered Dietitians that aims to tackle weight stigma and diet culture. They also host 'Snacktime & Chill', a meal support session every weekday at 3pm on Instagram: **@eatcakepod**.
- [Recovery Warriors Podcast](#): Episodes cover a range of mental health topics, including eating disorders, body image, and diet culture.