

# SELF-HELP RESOURCES FOR BODY IMAGE AND EATING CONCERNS

*Intuitive Eating: A Revolutionary Program That Works*  
by Elyse Resch and Evelyn Tribole

## BOOKS



*8 Keys to Recovery from an Eating Disorder:  
Effective Strategies from Therapeutic Practice  
and Personal Experience*  
by Carolyn Costin and Gwen Schubert Grabb

*Life Without Ed: How One Woman Declared  
Independence From Her Eating Disorder  
and How You Can, Too*  
by Jenni Schaefer

For mindfulness and relaxation:

- Calm
- Breathe2Relax
- Headspace
- Insight Timer

## SMARTPHONE APPS



For tracking moods and behaviors:

- Sanvello
- Recovery Record

For coping and reducing self-harm:

- Calm Harm
- Virtual Hope Box

*ANAD: Blog and Resources*

[anad.org](http://anad.org) or (630)577-1330 (Helpline)

*Eating Disorder Hope:*

[eatingdisorderhope.com](http://eatingdisorderhope.com)

## ONLINE RESOURCES



*FoodPsych: Intuitive Eating Podcast*

[christyharrison.com/foodpsych](http://christyharrison.com/foodpsych)

*National Eating Disorders Association:*

[nationaleatingdisorders.org](http://nationaleatingdisorders.org)

(800)931-2237 (Helpline)

*PsychCentral on Eating Disorders:*

[psychcentral.com/disorders/eating-disorders/](http://psychcentral.com/disorders/eating-disorders/)

*Recovery Spark: Eating Disorder*

*Recovery Resources:* [recoveryspark.com](http://recoveryspark.com)

**MORE SELF HELP ON THE BACK**



**APP STATE COUNSELING AND PSYCHOLOGICAL SERVICES CENTER**

[counseling.appstate.edu](http://counseling.appstate.edu) (828) 262-3180

*ANAD YouTube Recovery Channel:  
Your Future is Worth Fighting For!*  
[youtube.com/user/ANADvideos/videos](https://youtube.com/user/ANADvideos/videos)

## VIDEOS



*Embrace (Body Image Movement, 2016):*  
Documentary about the global issue of body loathing.  
[imdb.com/title/tt4862478/](https://imdb.com/title/tt4862478/)

*Marginalized Voices (NEDA):*

On the importance of including marginalized populations in discussion and treatment of eating disorders.

[youtube.com/watch?time\\_continue=83&v=OU768PVZvgY](https://youtube.com/watch?time_continue=83&v=OU768PVZvgY)

*Advocates Promoting Positive Self-Image: Student Organization*  
[engage.appstate.edu/organization/advocates-promoting-positive-self-image](https://engage.appstate.edu/organization/advocates-promoting-positive-self-image)

*Body Project Collaborative: Student Organization*  
[engage.appstate.edu/organization/the-body-project-collabrative](https://engage.appstate.edu/organization/the-body-project-collabrative)

## CAMPUS RESOURCES



*Counseling Center: Eating Concerns Treatment Team*  
(828) 262-3180

[counseling.appstate.edu/eating-concerns-program](https://counseling.appstate.edu/eating-concerns-program)

*UREC: Group fitness, intramural sports, outdoor activities, and more* (828) 262-2100, [urec.appstate.edu](https://urec.appstate.edu)

*Wellness and Prevention Services: Nutrition programs and support* (828) 262-3148, [wellness.appstate.edu](https://wellness.appstate.edu)

## MORE IDEAS AND THERAPIST RECOMMENDATIONS



**APP STATE COUNSELING AND PSYCHOLOGICAL SERVICES CENTER**  
[counseling.appstate.edu](https://counseling.appstate.edu) (828) 262-3180

This handout includes resources from:

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