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Of course, while books about eating disorders can be helpful and therapeutic, if you or someone you know is suffering from disordered eating or any related disorders, please get help beyond the written word. If you are in the U.S., the contact helpline for the National Eating Disorder Association is (800) 931-2237. Also consider speaking to a therapist, in person or online.

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[Introduction: A Touch of Anorexia](#) excerpt from [Almost Anorexic](#), by Jennifer J. Thomas, Ph.D., Harvard Medical School., and Jenni Schaefer I wish I had just a touch of anorexia. A young woman whispered this to me after I shared my eating disorder recovery story in her school's auditorium. She had waited patiently to talk with me until most of the crowd had dissipated into the humid
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7 Powerful Books About Eating Disorders | Bookstr

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10 Eating Disorder Books That Hit The Mark During NEDA ...

I read this book during the beginning of my eating disorder recovery, and found it to be uplifting. It offers a lot of practical tools for navigating recovery, and also details the recovery story.