

# Shelf Help

FOR BODY IMAGE AND EATING  
BOOKS TO SUPPORT YOU TO UNDERSTAND  
YOUR HEALTH & WELLBEING

## LIVED EXPERIENCE/MEMOIR

COLLEEN REICHMANN AND JENNIFER ROLLIN

### THE INSIDE SCOOP OF EATING DISORDER RECOVERY

Written from the perspective of two eating disorder therapists, both of whom are recovered from their own eating disorders, the text uses humor, personal narratives, and research-proven techniques to offer specific actionable guidelines on how to reclaim one's life from an eating disorder. Age 14+



MEGAN CRABBE

### BODY POSITIVE POWER

We've been convinced that happiness is something that only comes once we hit that goal weight, get those washboard abs, shrink ourselves down and change every part of ourselves. We believe that our bodies are the problem, but the truth is that our bodies are not the problem. How we've been taught to see them is the problem... it's time for us all to stop believing the lies, and take our power back.



LAURA THOMAS PhD

### JUST EAT IT

This book is part of a movement to help us take back control over our bodies., to free us from restrictive dieting, disordered eating and punishing exercise. This anti-diet guide from registered Nutritionist, Laura Thomas, can help you sort your attitude to food and ditch punishing exercise routines.



TABITHA FARRAR

### LOVE FAT

An autobiography of Tabitha's journey with her own anorexia, diagnosed at 17. Dispelling many myths about eating disorders, she guides you through her journey with figuring out all the different advice she was bombarded with during her time battling her eating disorder.



EVANNA LYNCH

### THE OPPOSITE OF BUTTERFLY HUNTING

This is a story of the tragedy and the glory of growing up, of mourning girlhood and stepping into the unknown, and how that act of courage is the most creatively liberating thing a woman can do.



SOFIE HAGEN

### HAPPY FAT

Comedian, Sofie Hagen, describes how she conquered a negative relationship with her body and provides practical tips for readers to do the same. She exposes fatphobia in society at every level - our relationships, public spaces, and TV shows we watch. Mix this with capitalism and media, it's quite a toxic mix.



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ROSE ANN EVANS

### FIGHT FOR FREEDOM

Through diary entries, interviews, and much more, this book caters for everyone (sufferers, their loved ones, health professionals and members of the public) and aims to provide a better understanding of Anorexia Nervosa.

\*not available for gifting scheme - can be found on Amazon\*



RUBY TANDOH

### EAT UP

Ruby Tandoh's radical manifesto takes the guilt out of eating and puts the pleasure back in. Ages 16+



SAMUEL POLLEN

### THE YEAR I DIDN'T EAT

14 year old Max only has one person he can really talk to. Her name is Ana - also known as anorexia, his eating disorder. In the midst of a family crisis, Max's eating disorder quickly deteriorates. Ana pulls him further away from his family and friends until he feels totally alone. Unforgettable, uplifting story of one boys battle with anorexia - from authors own experiences.

## SHORTS



LESLEY FAIRFIELD

### TYRANNY - I KEEP YOU THIN

This simple, short but powerful book brings along an important message with intelligence and empathy. It follows the journey of Anna who finds the strength to defeat her personal demon, Tyranny.



BRYAN LASK AND LUCY WATSON

### CAN I TELL YOU ABOUT EATING DISORDERS?

Alice invites readers to learn about anorexia nervosa and how it makes her see herself differently from how other people see her. She also introduces readers to Beth who has bulimia nervosa, Sam who has selective eating problems, Francesca who has functional dysphagia and Freddie who has food avoidance emotional disorder.

## FICTION



TAMSIN WINTER

### JEMIMA SMALL VS THE UNIVERSE

AJemima Small just wants to be like other girls. She hates being called "Jemima Big", being forced to join the school health group - aka Fat Club - and that she can't apply for her favourite TV show without worrying everyone will laugh. But she also knows that the biggest stars in the universe are the brightest. So maybe it's her time to shine.

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## NON-FICTION



NICOLA MORGAN

### **BODY BRILLIANT**

'Body Brilliant' explores psychological pressures that make us see our bodies in certain ways, positively or negatively, as well as considering how adolescent body changes, gender identity and expectations, sexuality and sexual orientation affect self-image, and looks at issues such as body dysmorphia and eating disorders.



CHARLOTTE MARKEY, DANIEL HART & DOUGLAS ZACHER

### **BEING YOU**

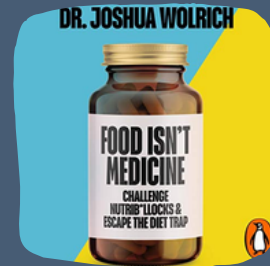
The Body Image book for boys. Evidence-based, easy to read guide for developing a positive body image for boys aged 12+. It covers all the facts on puberty, diet, exercise, self-care, mental health, social media and everything in-between.



LAURA CALLAGHAN

### **BODY IMAGE PROBLEMS**

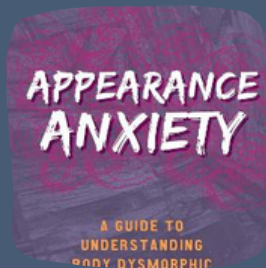
This unique self-help book contains advice and recovery tools from the separate perspectives of two leading psychologist and their patient to help you learn about body image issues and teach you effect strategies to challenge and overcome them.



DR JOSHUA WOLRICH

### **FOOD ISN'T MEDICINE**

Dr Joshua Wolrich is an NHS doctor with personal experience of how damaging diets can be - he believes everyone deserves to have a happy, healthy relationship with food and with our bodies. His message is clear: we need to fight weight stigma, call out the lies of diet culture and give ourselves permission to eat *all* foods.



THE NATIONAL OCD, BDD & RELATED DISORDERS SERVICE

### **APPEARANCE ANXIETY**

Provides insight in to the causes, impact and treatments available for body dysmorphic disorder (BDD) for teens and young people .This guide increases awareness of BDD and the personal stories included from teens offer support for readers with the disorder. An invaluable guide to an under-discussed issue.

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## WORKBOOKS

CARA LISETTE

### THE EATING DISORDER RECOVERY JOURNAL



This journal is designed to help you understand your eating disorder better and to support you in your recovery journey. It is packed full of activities such as writing prompts, colouring pages and crafting ideas, as well as motivational quotes & positive affirmations. Cara (author) is an expert by experience and Beat ambassador.

ELYSE RESCH

### THE INTUITIVE EATING JOURNAL



This guide can help you pay attention to your body's natural hunger cues and develop a healthier relationship with food.

KATE COLLINS-DONNELLY

### BANISH YOUR SELF-ESTEEM THIEF



Build confidence and self-esteem with this fun and effective workbook for young people.

KATERYNA SALII & THE COLORING HIVE

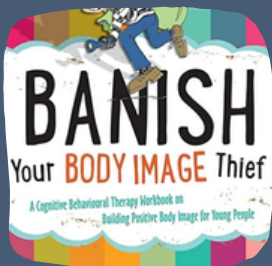
### THE BODY POSITIVE COLOURING BOOK



All bodies are valuable, worthy of love and sacred! The Body Positive Adult coloring book is a joyful celebration of self-acceptance, inclusivity and diverse beauty ideals.

KATE COLLINS-DONNELLY

### BANISH YOUR BODY IMAGE THIEF



Build a positive body image with this fun and effective workbook for young people.

LAURA THOMAS

### HOW TO JUST EAT IT



This book contains more than eighty activities - from journalling to self-care techniques - to help you reframe your approach to food and eating and find an escape from diets and restriction. Goes hand in hand with Laura Thomas' memoir - Just Eat It.



## OTHER - FOR PARENTS/CARERS

NOTE: THESE ARE NOT AVAILABLE AS PART OF THE GIFTING OFFER

MOLLY FORBES

### **BODY HAPPY KIDS**

DR PAMELA MACDONALD

### **HOW TO HELP SOMEONE WITH AN EATING DISORDER**

JENNIFER L. GAUDIANI

### **SICK ENOUGH**

SIGNE DARPINIAN

### **RAISING BODY POSITIVE TEENS**

LEXIE KITE

### **MORE THAN A BODY**

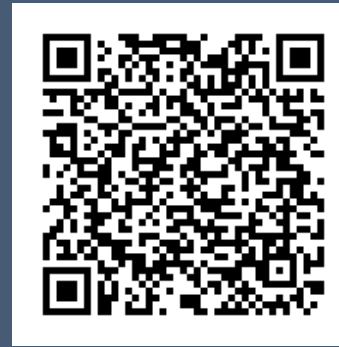
HILARY KINAVERY

### **RECLAIMING BODY TRUST**

VIRGINIA SOLE-SMITH

### **FAT TALK**

Please contact David Rawlings (david.rawlings@stroud.gov.uk) or Hollie Jones (hollie.jones20@nhs.net) with any questions.



## **THE PROJECT**

This project is being funded as part of our eating disorder workstream for young people with an eating problem or disorder, and young people struggling with body image. Each young person can order one book from the shortlist.

## HOW DO I CLAIM MY BOOK?

- The offer of a gifted book is open to young people registered at one of the surgeries within the Stroud District
- Aged 14-25 (For under 14's: please contact us if you are confident that your loved one can manage the content of a book on the list with the support of a parent, legal guardian, health professional or trusted adult. We will process the order for them to receive a gifted book based on your parental judgement)

Scan the QR code which will take you to the Stroud District Council website - from here, you can select which book you would like. Under 18's will also need parental consent. We will send the chosen book title and delivery details to the bookshop, they will process the order and get it sent to you.

*Young people receiving a book should also be receiving additional support from their GP, another health professional, or the clinical team at a specialist NHS service eg, Brownhill or CAMHS.*