



Resource List: Eating Disorders

The resources listed here align with Focus on the Family's philosophy and mission. Call us at 1-800-A-FAMILY, or visit our online store at store.focusonthefamily.com. (Information is regularly updated, but it's still possible that an item originally available from Focus on the Family is now unavailable.) You might also be interested in content posted on our website at focusonthefamily.com.

Included

[Books](#)

[Broadcasts](#)

[Webpages, Q&As, and Resource Lists](#)

[Referrals](#)

Books

- Empty: A Story of Anorexia** by Christie Pettit (2006) • 9780800731359 • (not currently available through Focus on the Family)
For those who struggle with eating disorders, Pettit's story offers hope in the battle over control and body image. Excerpts from her personal journals describe the comfort and victory she found in God's Word and counseling.
- God Loves Ugly & Love Makes Beautiful** by Christa Black (2012) • 9781455516599 •
Black vulnerably shares her story and invites you to look to the Lord for affirmation and healing—whether dealing with disordered eating or depression, or simply feeling insecure.
- Hollow: An Unpolished Tale** by Jena Morrow (2010) • 9780802448712 •
Every day thousands of girls and women battle self-imposed starvation. Morrow chronicles her struggle with anorexia and shares how she found strength, acceptance, and healing as she fully surrendered control to a loving God.
- Hope, Help, and Healing for Eating Disorders** by Gregory Jantz, Ph.D. (2010) • 9780307459497 •
Jantz looks at the physical, emotional, relational, and spiritual aspects of life, and how eating disorders—*anorexia, bulimia, and overeating*—relate to each area.
- How to Help Your Hurting Friend** by Susie Shellenberger (2014) • 9780310731177 •
This book is geared to help teens support their friends who struggle with a variety of issues, including eating disorders, depression, suicidal thoughts, Internet addictions, self-mutilation, abuse, teen pregnancy, and homosexuality.
- Life Inside the "Thin" Cage** by Constance Rhodes (2003) • 9780877880387 • (not currently available through Focus on the Family)
"A Personal Look Into the Hidden World of the Chronic Dieter"
- "Mom, I Feel Fat!"** by Sharon A. Hersh (2001) • 9780877885382 •
"Becoming Your Daughter's Ally in Developing a Healthy Body Image"
- The Real Me: Being the Girl God Sees** by Natalie Grant (2005) • 9780849908828 •
Grant shares how a distorted self-image pushed her to a destructive eating disorder, and she reminds readers they're not alone. She points to God's perspective of our real worth.
- She Teen: Safe, Healthy, Empowered** by Rebecca St. James and Lynda Hunter Bjorklund (2005) • B01GF0RNWG •
(not currently available through Focus on the Family)
This bookzine hits some hot issues: sex and purity, body image and eating disorders, boundaries, and purpose in life.

Table in the Darkness: A Healing Journey Through an Eating Disorder by Lee Wolfe Blum (2013) • 9780830843084 •

Blum shares her personal journey through an eating disorder, exercise addiction, and clinical depression. She offers others the same hope for healing she found with spiritual, psychological, and physiological resources.

Thin Enough: My Spiritual Journey Through the Living Death of an Eating Disorder by Sheryle Cruise • 9781596690035 •

The teen and college years are a crucial time for young women—when positive or negative views about their bodies often manifest. This book offers hope that, with God’s love, those with eating disorders can rise above struggles.

Broadcasts

Breaking Free from Chronic Dieting (Constance Rhodes) • 9781683321378 •

Rhodes describes her former battle with bulimia, reveals how she found freedom from chronic dieting, and offers encouragement to those struggling with their weight.

Eating Disorders: What Today’s Parents Need to Know (Dr. Dena Cabrera) • 9781624713729 •

Cabrera shares her own struggles with an eating disorder in college. She offers advice and encouragement to parents, helping them understand why girls often wrestle with disordered eating.

Focus on the Family Webpages, Q&As, and Resource Lists

Parenting—Eating Disorders and Kids

- [focusonthefamily.com/parenting/parenting-challenges/eating-disorders/eating-disorders-diet-gone-bad](https://www.focusonthefamily.com/parenting/parenting-challenges/eating-disorders/eating-disorders-diet-gone-bad)
Articles help parents identify if their teen is at risk for an eating disorder, and they offer information for finding help.

Parenting—The Truth About Eating Disorders

- <https://www.focusonthefamily.com/parenting/teens/truth-about-eating-disorders>
Learn the risk factors for developing an eating disorder, find biblical truth about beauty, and be encouraged by the hope of recovery for those struggling with disordered eating.

Q&As

- [focusonthefamily.com/family-q-and-a](https://www.focusonthefamily.com/family-q-and-a)
Browse our Q&As for advice and encouragement.

Resource Lists

- [focusonthefamily.com/family-q-and-a/resources-and-referrals](https://www.focusonthefamily.com/family-q-and-a/resources-and-referrals)
Find recommended resources and referrals listed by topic, including the following:
Esteem • RL014 •
Healthy Living • RL030 •

Referrals

Focus on the Family Counseling Consultation Line

If you need someone to talk to, [Focus on the Family offers a free phone counseling consultation with a licensed counselor](#). Call 1-855-771-HELP (4357), Monday through Friday, 6:00 AM to 8:00 PM (MT). Our staff may need to call you back, but they’d love to speak with you.

Focus on the Family's Christian Counselor Network

Search for licensed Christian counselors in your area: FocusOnTheFamily.com/FindaCounselor

The Center – A Place of Hope

547 Dayton Street
Edmonds, WA 98020
888/771-5166
aplaceofhope.com

- This organization offers whole-person treatment for disorders and addictions, including eating disorders.

Mercy Ministries of America

P.O. Box 111060
Nashville, TN 37222
615/831-6987
mercyministries.org

- This biblically based organization offers hope and healing for young women seeking freedom from life-controlling problems, such as depression, drug and alcohol addictions, eating disorders, and physical and sexual abuse.

National Association of Anorexia Nervosa and Associated Disorders

750 East Diehl Road, #127
Naperville, IL 60563
630/577-1330
anad.org

- This secular non-profit organization seeks to meet the needs of anorexics and their families. It provides counseling, information, and referrals; self-help groups for victims and their parents; educational programs; and a referral list of therapists, hospitals, and clinics that treat these illnesses.

Timberline Knolls

877/257-9612
timberlineknolls.com

- This residential treatment center for women and adolescent girls addresses eating disorders, depression, drug and alcohol addiction, trauma and PTSD, and mood and anxiety disorders.

Referrals to secular organizations dealing with specialized areas of knowledge shouldn't be read as an indication that their stances necessarily align with Focus on the Family's perspective in all areas.