

Eating Disorder Resources for Clinicians and Families: Books	
Topic	Title(s)
Anorexia nervosa	Lock J. <i>Adolescent-Focused Therapy for Anorexia Nervosa: A Developmental Approach</i> . New York, NY: Guilford Press; 2020.
Avoidant/ restrictive food intake disorder (ARFID)	<ul style="list-style-type: none"> • Bryant-Waugh R. <i>ARFID: Avoidant Restrictive Food Intake Disorder</i>. New York, NY: Routledge; 2020. • Thomas J and Eddy K. <i>Cognitive-Behavioral Therapy for Avoidant/Restrictive Food Intake Disorder (Children, Adolescents, and Adults)</i>. Cambridge, UK: Cambridge University Press; 2019. • Lock J. <i>Family-Based Treatment for Avoidant/Restrictive Food Intake Disorder</i>. New York, NY: Routledge; 2021.
Bulimia	Le Grange D and Lock J. <i>Treating Bulimia in Adolescents: A Family-Based Approach</i> . New York, NY: Guilford Press; 2009.
For families	<ul style="list-style-type: none"> • Lock J and Le Grange D. <i>Help Your Teenager Beat an Eating Disorder</i>. 2nd ed. New York, NY: Guilford Press; 2015. • Fairburn CG. <i>Overcoming Binge Eating</i>. New York, NY: Guilford Press; 1995. • Green K. <i>Lighter Than My Shadow</i>. London, UK: Jonathan Cape Publishing; 2013. • Petro-Roy J. <i>Good Enough</i>. New York, NY: Macmillan; 2019. • Boo S. <i>Eat, and Love Yourself</i>. Los Angeles, CA: BOOM! Box; 2020.
General	<ul style="list-style-type: none"> • Fairburn CG and Brownell K. <i>Eating Disorders and Obesity: A Comprehensive Handbook</i>. New York, NY: Guilford Press; 2022. • Lock J. <i>Pocket Guide for the Assessment and Treatment of Eating Disorders</i>. Washington, DC: American Psychiatric Association Publishing; 2019. • See www.dietdoctor.com/low-carb/science for information on low-carb and keto diets.

From the Expert Q&A:
“Assessing and Treating Bulimia in Teens and Young Adults”
 with **James Lock, MD**
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