

Self-Help Resources for Patients With Eating Disorders

Mobile Apps	Workbooks/Authors
Recovery Record	Hope, Help and Healing for Eating Disorders/Jantz
Kissy Project	Overcoming Binge Eating/Fairburn
Rise Up + Recover	Bulimia: A Guide to Recovery/Hall and Cohn

From the full article:
"Taking Back Control in Binge Eating Disorder"
by Sara Weekly, MD
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