

MISSION STATEMENT

The Renfrew Center and The Renfrew Center Foundation are dedicated to treatment, training, research, prevention and advocacy in the field of eating disorders. In a safe and healing community, we provide women with the skills and support to recover from anorexia, bulimia and binge eating disorder, and to create meaningful, satisfying lives.

*Additional Books & Resources can be found on our website:*

<http://www.renfrew.org/resources/index.asp>

*Purchase books while making a donation to Renfrew:*

<http://www.igive.com>

*Help support Renfrew:*

<http://www.renfrew.org/make-a-donation.asp>

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THE RENFREW CENTER FOUNDATION

## Booklist & Resources

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Free At Last! The Power Of Relationships In Overcoming Trauma, Abuse & Eating Disorders

SHARI BOTWIN, LCSW

Body Image Workbook: An 8-Step Program For Learning To Like Your Looks

THOMAS CASH, PhD

Overcoming Binge Eating

CHRISTOPHER FAIRBURN, MD

Eating Well, Living Well: When You Can't Diet Anymore

GLENN GAESSER, PhD & KARIN KRATINA, MA, RD

Transforming Body Image: Love The Body You Have

MARCIA GERMAINE HUTCHINSON, EdD

Eating Disorders: The Journey To Recovery Workbook

LAURA GOODMAN & MONA VILLAPIANO, PsyD

Anorexia Nervosa: A Guide To Recovery (*also available in Spanish*)

LINDSEY HALL & MONIKA OSTROFF, MSW

Overcoming Overeating

JANE HIRSCHMAN, MSW & CAROL MUNTER

Moving Away From Diets: New Ways To Heal Eating Problems And Exercise Resistance

KARIN KRATINA, MA, RD, NANCY KING, MS & DAYLE HAYES, MS

On Eating: Change Your Eating, Change Your Life

SUSIE ORBACH, PhD

Sensing The Self: Women's Recovery From Bulimia

SHEILA REINDL

Getting Better Bit(e) By Bit(e): A Survival Kit For Sufferers Of Bulimia Nervosa And Binge Eating Disorders

ULRIKE SCHMIDT, MD, PhD & JANET TREASURE, FRC Psych

Revolution From Within: A Book Of Self-Esteem

GLORIA STEINEM

Eating Mindfully: How To End Mindless Eating And Enjoy  
A Balanced Relationship With Food

SUSAN ALBERS, PsyD

Eating Disorder Survivors Tell Their Stories

CHRISTINA CHIU

Circle Of Stones: Women's Journey To Herself

JUDITH DUERK, MS

What Are You Hungry For?: Women, Food And Spirituality

LYNN GINSBURG & MARY TAYLOR

20-Minute Retreats: Revive Your Spirit In Just Minutes A Day With  
Simple Self-Led Practices

RACHEL HARRIS, PhD

Seeing Yourself In God's Image: Overcoming Anorexia & Bulimia,  
Facilitator's Guide

MARTHA HOMME, MA, LP

Eating In The Light Of The Moon: How Women Can Transform Their  
Relationships With Food Through Myths Metaphors And Storytelling

ANITA JOHNSTON, PhD

The Zen Of Eating: Ancient Answers To Modern Weight Problems

RONNA KABATZNICK, PhD

Weight Wisdom: Affirmations To Free You From Food & Body Concerns

KATHLEEN BURNS KINGSBURY, MA, LMHC & MARY ELLEN WILLIAMS, MSW, LICSW

Spiritual Well-Being, Starving For Salvation: The Spiritual Dimensions  
Of Eating Problems Among American Girls And Women

MICHELLE LELWICA, ThD

A Starving Madness: Tales Of Hunger, Hope & Healing In Psychotherapy

JUDITH RUSKAY RABINOR, PhD

A Skeleton In The Closet: Remembering My Spirit

BETH SARABURA

Body Stories: Research And Intimate Narratives On Women  
Transforming Body Image In Outdoor Adventure

LISA WEST-SMITH, PhD, LCSW

Nourishing Your Daughter: Help Your Child Develop  
A Healthy Relationship With Food And Her Body

CAROL BECK, MS, RD, LD

Children And Teens Afraid To Eat: Helping Youth In Today's  
Weight-Obsessed World

FRANCES BERG, MS, LN

Your Dieting Daughter: Is She Dying For Attention?

CAROLYN COSTIN, MA, MEd, MFCC

Parenting From The Inside Out: How A Deeper Self-Understanding  
Can Help You Raise Children Who Thrive

MARY HARTZELL & DANIEL SIEGEL, MD

The Parent's Guide To Childhood Eating Disorders

MARCIA HERRIN, EdD, MPH, RD & NANCY MATSUMOTO

Dads & Daughters: How To Inspire, Understand And Support Your  
Daughter When She Is Growing Up So Fast

JOE KELLY

When Your Child Has An Eating Disorder: A Step-By-Step Workbook

ABIGAIL NATENSHON, MA, LCSW

Surviving An Eating Disorder: Strategies For Families And Friends

MICHELLE SIEGEL, PhD, JUDITH BRISMAN, PhD & MARGOT WEINSHEL, PhD

## Holy Anorexia

RUDOLPH BELL, PhD

## Eating Problems: A Feminist Psychoanalytic Perspective

CAROL BLOOM, CSW, LAURA KOGEL, CSW & LELA ZAPHIROPOULOS, CSW

## Feminism, Western Culture And The Body

SUSAN BORDO, PhD

## Eating Disorders: Obesity, Anorexia Nervosa And The Person Within

HILDE BRUCH, MD

## Big Fat Lies: The Truth About Your Weight And Your Health

GLENN GAESSER, PhD

## Handbook Of Treatment For Eating Disorders

DAVID GARNER, PhD & PAUL GARFINKEL, MD

## Psychotherapy With African American Women: Innovations In Psychodynamic Perspectives & Practice

BEVERLY GREENE, PhD & LESLIE JACKSON

## Fasting Girls

JOAN JACOBS-BRUMBERG, PhD

## Psychodynamic Treatment Of Anorexia Nervosa And Bulimia

CRAIG JOHNSON, PhD

## Anatomy Of A Food Addiction: The Brain Chemistry Of Overeating

ANNE KATHERINE, MA

## Can't Buy My Love: How Advertising Changes The Way We Think And Feel

JEAN KILBOURNE, EdD

## Eating Disorders: Everything You Need To Know

JIM KIRKPATRICK, MD & PAUL CALDWELL, MD

## Treatment Manual For Anorexia Nervosa – A Family-Based Approach

JAMES LOCK, MD, PhD, DANIEL LEGRANCE, PhD & W. STEWART AGRAS, MD

## Schopenhauer's Porcupines: Intimacy And It's Dilemmas

DEBORAH LUEPNITZ, PhD

## Reviving Ophelia: Saving The Selves Of Adolescent Girls

MARY PIPHER, PhD

## Women's Health Care: Activist Traditions And Institutional Change

CAROL SACHS WEISMAN, LCSW

## The Deadly Diet: Recovering From Anorexia And Bulimia

TERENCE SANDBANK

## The Body Betrayed: A Deeper Understanding Of Women, Eating Disorders And Treatment

KATHRYN ZERBE, MD

## Males With Eating Disorders

ARNOLD ANDERSON, MD

## Lesbians, Levis & Lipstick: The Meaning Of Beauty In Our Lives

JEANINE COGAN, PhD

## The Invisible Woman: Confronting Weight Prejudice In America

W. CHARISSE GOODMAN

## Decreasing The Risk Of Eating Disorders In Athletes (video)

HEALTHY LEARNING

## Cutting: Understanding & Overcoming Self-Mutilation

STEVEN LEVENKRON, MS

## Looking Good: Male Body Image In Modern America

LYNNE LUCIANO, PhD

## Women Who Hurt Themselves: A Book Of Hope And Understanding

DUSTY MILLER, EdD

## The Athletic Woman's Survival Guide: How To Win The Battle Against Eating Disorders, Amenorrhea & Osteoporosis

CAROL OTIS, MD & ROGER GOLDINGAY

## The Broken Mirror: Understanding And Treating Body Dysmorphic Disorder

KATHARINE PHILLIPS, MD

## The Adonis Complex: The Secret Crisis Of The Male Body Obsession

HARRISON POPE, KATHARINE PHILLIPS & ROBERTO OLIVARDIA, PhD

## Helping Athletes With EDs

RON THOMPSON, PhD & ROBERTA TRATTNER SHERMAN, PhD

## Preventing Disordered Eating: A Manual To Promote Best Practices For Working With Children, Youth, Families And Communities (all ages)

EATING DISORDER RESOURCE CENTRE OF BRITISH COLUMBIA

## Body Politics (video)

FILMS FOR THE HUMANITIES

## Healthy Body Image: Teaching Kids To Eat And Love Their Bodies Too!

KATHY KATER, LCSW

## Just For Girls: A Program To Help Girls Safely Navigate Adolescence & Avoid Pitfalls Such As Eating Disorders (middle school & up)

SANDRA FRIEDMAN, MA

## Body Wars: Making Peace With Women's Bodies, An Activist's Guide

MARGO MAINE, PhD

## Teaching Body Confidence: A Comprehensive Curriculum For Girls (middle school & up)

REBECCA MANLEY, MS

## Don't Be A TV: Television Victim

MEDIAWATCH.COM

## Preventing Eating Disorders: A Handbook Of Interventions And Special Challenges

NIVA PIRAN, PhD, MICHAEL LEVINE, PhD & CATHERINE STEINER-ADAIR, PsyD, EdD

## Body Aloud! Helping Children And Teens Find Their Own Solutions To Eating And Body Image Problems

ELIZABETH SCOTT, MSW, LCSW & CONNIE SOBCHAK

## Homemade Books To Help Kids Cope: An Easy To Learn Technique For Parents & Professionals

ROBERT & PATRICIA ZIEGLER

**NOVELS**

Blubber (3rd grade and up)

JUDY BLUME

Perk! The Story Of A Teenager With Bulimia (middle school & up)

LIZA HALL

My Sister's Bones: A Novel (high school & up)

CATHI HANAUER

Thin Veils (middle school & up)

ANN HANSON

One Fat Summer (middle school & up)

ROBERT LIPSYTE

Fat Chance (middle school & up)

LESLEA NEWMAN

**PICTURE BOOKS FOR ALL AGES**

I Like Me!

NANCY CARLSON

Oliver Button Is A Sissy

TOMIE DE PAOLA

Ignatius Finds Help: A Story About Psychotherapy For Children

MATTHEW GALVIN & SANDRA FERRARO

I Wish I Were A Butterfly

JAMES HOWE

Tanya And The Tobo Man/ Tanya & El Hombre Tobo:  
A Story For Children Entering Therapy

LESLEY KOPLOW & ERIC VELASQUEZ

I Like Being Me!

JUDY LALLI & DOUGLAS MASON-FRY

I'm Gonna Like Me: Letting Off A Little Self-Esteem

JAMIE LEE CURTIS

Little Tree: A Story For Children With Serious Medical Problems

JOYCE MILLS & MICHAEL CHESWORTH

Belinda's Bouquet

LESLEA NEWMAN & MICHAEL WILLHOITE

What About Me? When Brothers And Sisters Get Sick

ALLAN PETERKIN & FRANCES MIDDENDORF

When Mommy Is Sick

FERNE SHERKIN-LANGER

I Love My Hair!

NATASHA TARPLEY & EB LEWIS

William's Doll

CHARLOTTE ZOLOTOW

**TEEN RESOURCE BOOKS**

Deal With It! A Whole New Approach To Your Body, Brain And Life As A  
GURL (high school & up)

ESTHER DRILL

Body Outlaws: Young Women Write About Body Image & Identity (high  
school & up)

OPHIRA EDUT

Over It: A Teen's Guide To Getting Beyond Obsessions With Food And  
Weight (middle school & up- boys included)

CAROL EMERY NORMANDI & LAURA LEE ROARK

It's About Time: A Book For And By Young Women About Our  
Relationships, Rights, Bodies, Minds And Souls (middle school & up)

GIRLSOURCE.ORG

Our Bodies, Ourselves For The New Century: A Book For And By Women  
(middle school & up)

JANE PINCUS

The Right Moves: A Girl's Guide To Getting Fit And Feeling Good  
(middle school & up)

TINA SCHWAGER & MICHELE SCHUERGER

## FUN BOOKS

Real Gorgeous: The Truth About Body & Beauty

KAZ COOKE

200 Ways To Raise Boy's Emotional Intelligence

WILL GLENNON

101 Ways To Help Your Daughter Love Her Body

BRENDA LANE RICHARDSON

Getting To Know The Real You: 50 Fun Quizzes Just For Girls

HARRIET MOSTACHE

Dance Naked In Your Living Room: Handling Stress And Finding Joy!

REBECCA RUGGLES RADCLIFFE

## MAGAZINES

BBW Magazine

BBWMAGAZINE.COM

Grace Woman

GRACESTYLE.COM

More Magazine

MOREMAGAZINE.COM

Ms. Magazine

MSMAGAZINE.COM

New Moon Magazine

NEWMOON.ORG

Radiance: The Magazine for Large Women

RADIANCEMAGAZINE.COM

The Renfrew Center Foundation offers a full array of educational materials for schools, community groups, government and professional practices. A few examples of the educational resources we offer are:

- Prevention Tips For Parents Flyer
- Tips For Kids Flyer
- Reaching Out To Someone With An Eating Disorder Flyer (also available in Spanish)
- Helping Someone Readjust After Treatment Flyer
- 10 Things Coaches Can Do Flyer
- Stick To Supporting Healthy Body Image: The Renfrew Sticker Campaign Action Guide
- Do I Respect My Body Quiz
- Eating Disorder Assessment For Doctors & Nurses
- Eating Disorders Signs & Symptoms Bookmark
- Body Image Issues Brochure
- Eating Disorder Signs & Symptoms Brochure
- Renfrew's Treatment Program Brochure
- Eating Disorder Signs & Symptoms Poster
- Renfrew's Treatment Program Video

Flyers, quizzes and action guides are sent in reproducible format and are free of charge. Brochures and bookmarks are \$ 15 per 25 copies. Posters and videos are \$ 5 each.

To order single or multiple copies of educational resources, please email [info@renfrew.org](mailto:info@renfrew.org), call 215-482-5353 or download the order form from [www.renfrew.org](http://www.renfrew.org) under the Resources Section.

## BEAUTIFUL T-SHIRT

This white tee comes in youth & adult sizes.

Sizes: Youth – S, M, L

Adult – M, L, XL 2XL, 3XL

PRICE: \$15.00



## NO MORE T-SHIRT

This white baby-doll style tee has the text

“Starve No More, Binge No More, Purge No More”

Sizes: Adult sizes only – S, M, L, XL, 2XL

PRICE: \$15.00



## RENFREW RECIPES

A book of healthy & fun recipes which includes the exchanges for each serving.

PRICE: \$20.00

## RENFREW CONNECTIONS

Our community newsletter, published 2 times a year, is for people in recovery, families & others interested in eating disorders.

FREE OF CHARGE

## RENFREW PERSPECTIVE

Our professional journal, published 2 times a year, includes articles from professionals around the world on special topics related to eating disorders.

FREE OF CHARGE

## *To Order:*

Download form from [www.renfrew.org](http://www.renfrew.org) or call 215-482-5353.

The Renfrew Center was established in 1985 in Philadelphia as the first free-standing, residential treatment facility exclusively dedicated to the treatment of eating disorders. Today, The Renfrew Center provides residential and outpatient services at 8 sites in Pennsylvania, Florida, New York, New Jersey, and Connecticut.

The Renfrew Center has helped more than 35,000 individuals with eating disorders and related mental health issues. The treatment philosophy is guided by the conviction that everyone has the right to be understood and respected as unique individuals with their own set of strengths, weaknesses, capabilities, resources and frailties, which can all be utilized in the process of recovery.

The Renfrew Center Foundation, founded in 1990, is a national nonprofit organization advancing the education, prevention, research and treatment of eating disorders. The Renfrew Center Foundation grew out of the work of The Renfrew Center and the need for quality education, research and training about eating disorders. The Foundation is financially supported through the generosity of corporations, foundations, individuals and The Renfrew Center.

Through its programs, The Renfrew Center Foundation aims to:

- Increase awareness of eating disorders as a public health issue by mobilizing individuals and families in recovery and by spreading its body of knowledge across the nation.
- Educate decision makers, including governmental agencies and the media, about the dangers of eating disorders.
- Train professionals in the assessment, treatment and prevention of eating disorders and body image disturbance.
- Research the pathology, recovery patterns and effective treatment options for eating disorders and body image disturbance.
- Raise scholarship funds for those who might otherwise not be able to afford treatment.

Individuals can become more involved with The Foundation's efforts through education and advocacy campaigns and by donating funds to support our programs and scholarships for treatment. Together, with your help, we can build a future where women, men and children have the hope for a healthy life free from eating disorders. For information about The Renfrew Center's services and supporting The Renfrew Center Foundation, please visit [www.renfrew.org](http://www.renfrew.org).