

♥ **Organizations:**

<p>Alliance For Eating Disorder Awareness PO Box 13155 North Palm Beach FL 33408-3155 866.662.1235 www.eatingdisorderinfo.org</p>	<p>National Association for Males with Eating Disorders 877-780-0080 www.namedinc.org</p>
<p>National Association of Anorexia Nervosa and Associated Disorders PO Box 7 Highland Park IL 60035 847.831.3438 www.anad.org</p>	<p>National Eating Disorders Association 603 Stewart Street, Ste 803 Seattle, WA 98101 800.931.2237 www.nationaleatingdisorders.org</p>
<p>Overeaters Anonymous PO Box 44020 Rio Ranch NM 87174-4020 505.891.2664 www.oa.org</p>	<p>Renfrew Center Foundation 475 Spring Lane Philadelphia PA 19128 800.Ren-frew www.renfrewcenter.com</p>

♥ **Government Organizations:**

<p>Food and Drug Administration 10903 New Hampshire Avenue Silver Spring, MD 20903 1.888.INFO.FDA www.fda.gov</p>	<p>National Inst. Of Mental Health 6001 Executive Blvd Rockville MD 20852 866.615.6464 www.nimh.nih.gov</p>
<p>Office of Women's Health 8270 Willow Oaks Corporate Drive Fairfax, VA 22031 800.994.9662 www.4women.gov</p>	<p>Weight-Control Information Network 1 Win Way Bethesda MD 20892-3665 800.WIN.8098 www.win.niddk.nih.gov</p>

♥ **Suggested Websites:**

<p>About-Face www.about-face.org</p>	<p>Andrea's Voice www.andreasvoice.org</p>
<p>Anorexia Survival Guide www.survivalguide.com</p>	<p>Body Positive www.bodypositive.com</p>
<p>Caring Online www.caringonline.com</p>	<p>Eating Disorder Referral and Info Center www.edreferral.com</p>
<p>Real Women project www.realwomenproject.org</p>	<p>The Something Fishy Website www.something-fishy.com</p>

♥ **Suggested Reading:**

Fiction Books:

Fat Chance

By: Leslea Newman

Hunger Point

By: Jillian Medoff

Life in the Fat Lane

By: Cheri Bennett

The Best Little Girl in the World

By: Steven Levenkron

Non-Fiction Books:

Dancing on My Grave

By: Gelsy Kirkland

Eating in the Light of the Moon

By: Anita A. Johnston Ph.D.

Life Without Ed

By: Jenni Schaefer

The Golden Cage

By: Helde Bruch, M.D.

The Secret Language of Eating Disorders

By: Peggy Claude-Pierre

Wasted: A Memoir of Anorexia and Bulimia

By: Marya Horbacher

♥ **Suggested Films:**

Thin- HBO Series

This London Film Festival award-winning documentary, directed by Lauren Greenfield, portrays the stories of four women at a residential eating disorder facility who are literally, “dying to be thin.”

Disfigured-Independent film

*Written and directed by filmmaker Glen Gers, **Disfigured** tells the story of two women in a “Fat Acceptance Group”—one of whom is a recovering anorexic still struggling with her weight.*

Killing Us Softly-documentary

This 1979 documentary by former model Jean Kilbourne, and its sequels, explores how advertising promotes disturbing body images and destructive gender stereotypes.

Sex Stereotypes and Beauty: The ABCs and Ds of Commercial Images of Women

This presentation by the Love Your Body Campaign illustrates how media portrayals of women enforce unrealistic beauty standards, sexual ideals, and gender stereotypes that girls are expected to follow.