

Recommended Reading

Books Written for Parents:

Please visit the Recommended Reading section at maudsleyparents.org for parent book reviews.

Help Your Teenager Beat an Eating Disorder

by James Lock, MD, PhD and Daniel le Grange, PhD (The Guilford Press, 2005)

Off the C.U.F.F.

by Nancy Zucker (Duke University Eating Disorders Program, 2005)

Eating With Your Anorexic

by Laura Collins (McGraw-Hill, 2004)

Eating Disorders: A Parents Guide

by Rachel Bryant-Waugh and Bryan Lask (Routledge, 2004)

Books Written for Clinicians:

Treatment Manual for Anorexia Nervosa: A Family-Based Approach

by James Lock, Daniel le Grange, W. Stewart Agras, & Christopher Dare (The Guilford Press, 2002)

This manual for treatment professionals provides an authoritative and detailed description of the Maudsley approach, the leading family-based treatment for adolescents with anorexia nervosa.

Treating Bulimia in Adolescents: A Family-Based Approach

by Daniel le Grange and James Lock (The Guilford Press, 2007)

An indispensable clinical resource, this groundbreaking book is the first treatment manual to focus specifically on adolescent bulimia nervosa. The authors draw on their proven approach to treating anorexia nervosa in the family context and adapt it to the unique needs of this related yet distinct clinical population.

Evidence-based strategies are presented for helping the whole family collaborate to bring dysfunctional eating behaviors under control, while also addressing co-occurring psychological problems and parent-child relationship conflicts. Highly practical, the book shows exactly how to carry out this time-limited therapy and what to do when problems arise. Special features include annotated session transcripts and answers to frequently asked questions.

Articles:

Please visit the Articles section at maudsleyparents.org to view the articles listed below, free and full text.

About the Maudsley Approach:

New York Times Magazine, November 26, 2008

["One Spoonful at a Time"](#)

Video on Family-Based Maudsley treatment at the University of Chicago:

["Teen Overcoming Anorexia"](#)

Chicago Tribune, April 17, 2005

["Parents are Part of the Solution"](#)

University of Chicago Magazine, October 2002

["Spoon-feeding Anorexics"](#)

The Health Report, May 7, 2001

["Transcript of Interview with Dr. James Lock"](#)

Dr. James Lock answers 5 questions about family-based treatment [in print](#) and [on video](#) Stanford University website, August 10, 2005

New York Times, June 11, 2002

["Anorexia Strategy: Family As Doctor"](#)

Eating Disorder Survival Guide for Parents:

["The Maudsley Approach: A New Family Treatment"](#)

Maudsley Parents:

["One Family's Experience"](#)

One family shares their experience with the Intensive Family Therapy Program for Adolescents with Anorexia at UCSD.

Wall Street Journal, July 17, 2007

["Letting Your Family In on Your Therapy"](#)

New York Times, September 4, 2007

["Therapies: Family Sessions Found to Help Treat Bulimia"](#)

New York Times, March 6, 2007
["A Diagnosis for One, but an Impact Shared"](#)

Background Information on Eating Disorders:

Newsweek, December 5, 2005
["Fighting Anorexia: No One to Blame"](#)

Pediatrics
["Children and Adolescents with Eating Disorders: The State of the Art"](#)

International Journal of Eating Disorders, 2005
["Medical Complications in Adolescents with Anorexia Nervosa: A Review of the Literature"](#) (Click on Wiley Interscience link for free full text article)

Kartini Foundation Informational Video:
["Spotting the Tiger: Recognizing Anorexia in Children"](#)