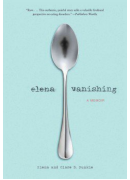


Anorexia

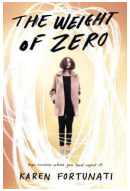


Elena vanishing : a memoir

by Elena Dunkle

Documents the author's teenage struggles with anorexia, sharing her and her mother's perspectives regarding a five-year period marked by anxiety and self-destructive efforts to manage the disorder, offering an intimate look at a deadly disease

Binge Eating Disorder



The weight of zero

by Karen Fortunati

Anthropomorphizing the depressive side of her bipolar disorder as a relentless being of darkness she calls "Zero," 17-year-old Catherine stockpiles her medications, planning to commit suicide when her depression returns, but she doesn't count on actually feeling better as a result of numerous factors and is soon challenged to see a future for herself.

Self Esteem

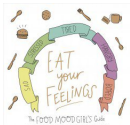


Dumplin'

by Julie Murphy

Sixteen-year-old Willowdean wants to prove to everyone in her small Texas town that she is more than just a fat girl, so, while grappling with her feelings for a co-worker who is clearly attracted to her, Will and some other misfits prepare to compete in the beauty pageant her mother runs

Emotional Eating

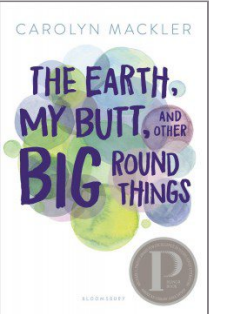
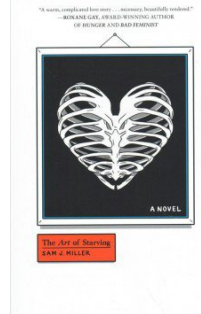
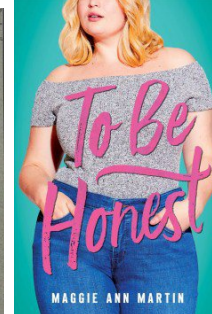
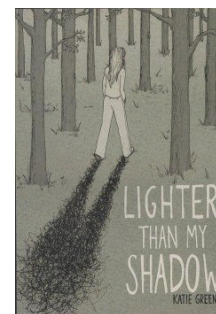
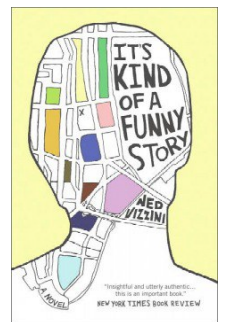
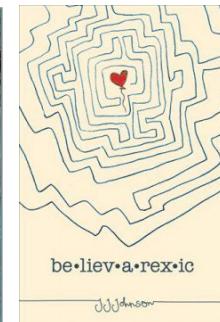
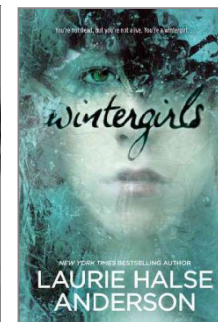
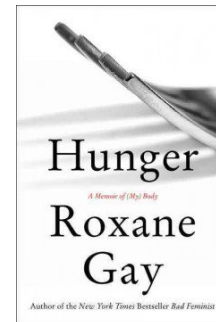
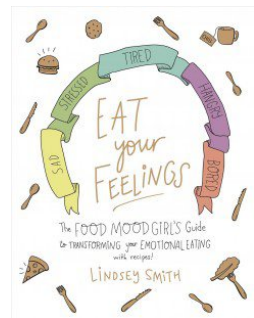
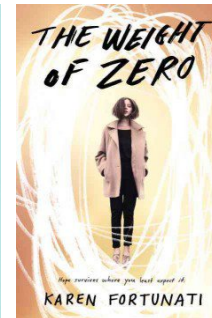
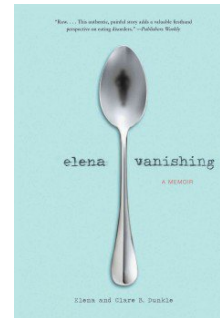


Eat your feelings : the Food Mood Girl's guide to transforming your emotional eating

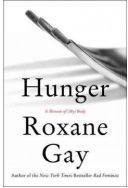
by Lindsey Smith



Eating Disorders & Self Esteem



Body Image/Disordered Eating



Hunger : a memoir of (my) body

by Roxane Gay

The popular Tumblr blogger and best-selling author of *Bad Feminist* explores the devastating act of violence that triggered her personal challenges with food and body image, sharing advice for caring for oneself and eating in healthful and satisfying ways.

Anorexia

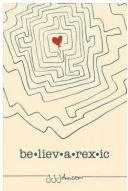


Wintergirls

by Laurie Halse Anderson

Eighteen-year-old Lia comes to terms with her best friend's death from anorexia as she struggles with the same disorder

Anorexia/Bulimia

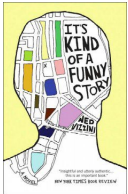


Be-liev-a-rex-ic

by J. J. Johnson

An autobiographical novel in which fifteen-year-old Jennifer Johnson convinces her parents to commit her to the Eating Disorders Unit of an upstate New York psychiatric hospital in 1988, where the treatment for her bulimia and anorexia is not what she expects.

Anorexia

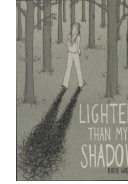


It's kind of a funny story

by Ned Vizzini

An ambitious new student at Manhattan's prestigious Executive Pre-Professional High School, Craig Gilner suddenly discovers that he has become an average kid among a group of brilliant students, a discovery that leads to increasing anxiety and a battle with clinical depression, during which he encounters a motley crew of fellow patients battling their own problems.

Anorexia/Body Dysmorphia



Lighter than my shadow

by Katie Green

Recounts the author's experiences with an eating disorder, stemming from being a picky eater in childhood and devolving into a dangerous disease.

Body Image/Disordered Eating



To be honest

by Maggie Ann Martin

When Savannah, a high school senior, must live alone with her weight-obsessed mother after her older sister goes off to college and her mother begins pressuring her about her own eating habits, Savvy finds consolation in a new relationship with George, the cute new boy at school with insecurities of his own.

Anorexia/Body Dysmorphia



The art of starving

by Sam J Miller

A gay teen with an eating disorder that he believes gives him supernatural powers decides to infiltrate the life of a bully he believes is responsible for driving away his sister

Body Image



The earth, my butt, and other big round things

by Carolyn Mackler

Feeling like she does not fit in with the other members of her family, who are all thin, brilliant, and good-looking, fifteen-year-old Virginia tries to deal with her self-image, her first physical relationship, and her disillusionment with some of the people closest to her.