

Recommended Resources

- Skills-based Learning for Caring for a Loved One with an Eating Disorder: The New Maudsley Method (paperback) by Anna Crane, Gráinne Smith, and Janet Treasure
- Ellyn Satter's
 1. Your Child's Weight: Helping Without Harming
 2. Secrets of Feeding a Healthy Family
- Helping Your Child with Extreme Picky Eating: A Step-by-Step Guide for Overcoming Selective Eating, Food Aversion, and Feeding Disorders
by Katja Rowell MD , Jenny McGlothlin MS CCC-SLP, et al.
- Conquer Picky Eating for Teens and Adults
by Jenny McGlothlin MS SLP and Katja Rowell MD
- Sick Enough: A Guide to the Medical Complications of Eating Disorders
by Jennifer L. Gaudiani
- Quiet Power: The Secret Strengths of Introverts
A guide for kids and teens
by Susan Cain , Gregory Mone , et al.

Local psychiatric resources I trust for EDOs:

Kim Tubbs

<https://www.psychologytoday.com/us/psychiatrists/kim-tubbs-irving-tx/171412>

Jami Dickson

<http://www.totalmentalwellness.com/>

Michael Lutter

<http://www.precision-psychiatry.com/>