

*beat* mainly provides information and support for those suffering from eating disorders including anorexia or bulimia nervosa, and also for their friends and families, but we hope this information will prove useful.

Some helpful books are listed overleaf. Some are all available from *beat*, Wensum House, 103 Prince of Wales Road, Norwich NR1 1DW on the attached order form.

### **Overeaters Anonymous**

For information about help available nationally please write to:-  
Overeaters Anonymous, PO Box 19, Stretford, Manchester M32 9EB  
(please enclose sae) or for help available nationally, please phone  
**07000 784985** to listen to a recorded message giving contact numbers.

### **Depressives Anonymous**

This organisation offers support for people with depression through self help groups in different regions of the country, a quarterly newsletter and a pen-pal scheme. The contact address is:-

Box FBA, Ormiston House, 32-36 Pelham St, Nottingham, NG1 2EG

Telephone 01702 433838

### **Depression Alliance**

This organisation provides information, support and fellowship to all who suffer from clinical depression and their carers. They produce a quarterly newsletter together with a series of booklets and leaflets on various aspects of depression, a nationwide network of self-help groups, a pen friend scheme and a written advisory service. The contact address is:-

35 Westminster Bridge Road, London, SE1 7JB

Telephone: 020 7721 7411

### **Recommended Booklist**

\* **WOMEN WHO LOVE TOO MUCH** Norwood - *Arrow 1985*,

Robin Norwood describes loving too much as a pattern of thoughts and behaviour which certain women develop as a response to problems from childhood. Many women find themselves repeatedly drawn into unhappy and destructive relationships with men and then struggle to make these doomed relationships work. This book takes a hard look at how powerful these unhealthy relationships are - but also gives a very specific programme for recovery from "loving too much".

**BREAKING FREE FROM COMPULSIVE EATING** Roth - *Signet 1986*,

(THIS BOOK IS CURRENTLY OUT OF PRINT but may be available from libraries or the internet)

Geneen Roth challenges the dieter's basic assumption of "forbidden foods" and successfully makes the reader re-think long assumed attitudes and

**Helpline: 0845 634 1414 Youthline: 0845 634 7650**

103 Prince of Wales Road, Norwich NR1 1DW  
Admin T: 0870 770 3256 Media T: 0870 770 3221 F: 01603 664915  
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beliefs about her responses to food and herself. She offers specific suggestions for starting to eat less - starting with learning to eat when hungry, appreciating the physical sensation of food without distractions, knowing when to stop and coping with the temptations of sneaking food.

See also **BREAKING FREE FROM EMOTIONAL EATING** Roth - Plume Books 2004.

\* **DEPRESSION AND THE WAY OUT OF YOUR PRISON** Rowe - *Routledge 1973*,

Depression is the greatest isolation that we can experience; we can neither give or receive comfort; we are alone in a prison filled with fear, anger, guilt and despair. Dorothy Rowe shows how we create our own depression and how, since we created it, we are free to change it. While describing most sympathetically how hard it is to live with a depressed person, points out that a family can, wittingly or unwittingly, prevent a person from finding a way out of their prison. She shows us a way to leave the prison if we decide to do so.

\* **THE SUCCESSFUL SELF** Rowe - *Fontana 1988*,

"There are many people who are aware, dimly or quite clearly that there is something not quite right with their lives, that they are not as happy and fulfilled as they could be, that they are lonely, and that they may be hurting the people they love. This book is for them and for the people who are not coping". Dorothy Rowe's own words sum up the purpose of this book which, with her usual commonsense and clear insights, helps us to see how we can move from feeling trapped, frustrated and constantly anxious to feeling successful as individual people.

All books marked with an \* are available from the *beat* bookshop.

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*beat* is the leading UK wide charity providing information, help and support for people affected by eating disorders- anorexia, bulimia nervosa and binge eating disorder.

Details of local contacts are freely available to callers ringing our helplines.

*beat* services and support include:

- **Help-lines:** national telephone, e-mail and text help-lines
- **Self Help:** UK wide network of groups run by volunteers
- **Information:** a website at [www.b-eat.co.uk](http://www.b-eat.co.uk) leaflets and literature for individuals and organisations contacts for treatment services in the UK

**Eating disorders will be beaten**

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