

# WCNT

## TOP 5: BOOKS TO READ & learn about eating disorders!

1

Eating in the Light of the Moon: Anita Johnston [CLICK HERE](#)

2

The Picky Eaters Recovery Book: Overcoming Avoidant/Restrictive Food Intake Disorder [CLICK HERE](#)

3

The Mind Gut Connection by Emeran Mayer, MD [CLICK HERE](#)

4

Think Again by Adam Grant [CLICK HERE](#)

5

Raising Body Positive Teens by Signe Darpinian, Wendy Sterling [CLICK HERE](#)