

[Print](#) [Bookmark](#) [Request this item](#)

# **HSE National Clinical Programme for Eating Disorders – Self Help Books and websites A Guide to Bibliotherapy for Eating Disorders – help for Patients, Families, Friends and Carers**

**Author:** HSE National Clinical Programme Eating Disorders; UCC; Bodywhys; Irish Student Health Association

**Publication Year:** 2019

## **Download**

- [Bibliotherapy - Eating Disorders](#) (835k)

## **Contents**

What is bibliotherapy?

Self-Help books

How does bibliotherapy work?

When does bibliotherapy work?

Recommended books

Blogs

Online Resources

**Format** Download

**Keywords** bibliotherapy

**Publisher** [Irish College of General Practitioners](#)

**Classification** bibliotherapy

**Pages** 10

**Categories:** Irish Content, ICGP Resources