Embedded Software Development with eCos is the first complete guide to building solutions with this flexible, low-cost, royalty-free embedded software development platform. Author Anthony J. Massa covers eCos architecture, installation, configuration, coding, deployment, and the entire eCos development platform, including support components. Extensive code examples and a full application case study demonstrate every key programming concept, including exceptions, interrupts, virtual vectors, threads, synchronization, networking, Web connectivity, debug/bootstrap, and even porting eCos to new hardware.

My Personal Review:
Currently (as of ECOS 2.0) you need this book in order to get up to speed and programming ECOS. Unfortunately it isn't very well organized and it is very well written.
Like many open source books, there is a lot of zeal that isn't necessary to communicate the point :-) Lots of discussion about how the source directory is layed out, and then how not everything follows the layout (this is classic open source, here is the standard, but many people don't follow it.)
For me I read this book out of order, how to install first, then the examples, then started reading the chapters on internals. The book rehashes reference documentation on the redhat site, but organizes it a bit better. The book comes with a CD that has cygwin and basically the Gnu Pro kit on it for Windows users. That's great, but I'm a FreeBSD user. There is very little information about using ecos from a shell using ecosconfig & gdb. That is the books worst failing, there should be a couple of chapters devoted to non-Windows users. (or maybe split the book into an ECOS reference and then a platform users guide).
Once you're finally up and running and have gotten your first target application to boot, the book is a handy printed reference and it does explain the internals better than the web pages do. All in all, I wanted ECOS in a Nutshell and got Learn ECOS in 21 days.