

Recommended Reading

365 Health and Happiness Boosters – M. J. Ryan

Appetites: On The Search For True Nourishment – Geneen Roth

Daily Affirmations For Compulsive Eaters: Beyond Feast Or Famine – Susan Ward

Eating in the Light of the Moon – Anita Johnston

Eating Problems: A Feminist Psychoanalytic Treatment Model – Women’s Therapy Centre Institute, Carol Bloom, Andrea Gitter, Susan Gutwill, Laura Kogel, Lela Zaphiropoulos

Eating Well For Optimum Health – Andrew Weil

Enlightened Eating: Understanding And Changing Your Relationship With Food – Rebecca Ruggles Radcliffe

Fat!So?: Because You Don’t Have To Apologize For Your Size – Marilyn Wann

Feeding The Hungry Heart: The Experience Of Emotional Eating – Geneen Roth

Food Addiction: Healing Day by Day – Kay Sheppard

Getting Our Bodies Back –Christine Caldwell

Health At Every Size – Linda Bacon

Intuitive Eating: A Revolutionary Program That Works – Evelyn Tribole and Elyse Resch

Moving Away From Diets: New Ways To Heal Eating Problems And Exercise Resistance – Karin Kratina, Nancy King, Dayle Hayes

Succulent Wild Woman: Dancing With Your Wonder-full Self! – Sark

When Food Is Love: Exploring The Relationship Between Eating And Intimacy – Geneen Roth