

Suggested Readings on Eating Problems

General

- Chernin, Kim. (1994). The Hungry Self: Women, Eating, and Identity (Revised ed.). New York: Harper and Row.
- Chernin, Kim. (1994). The Obsession: Reflections on the Tyranny of Slenderness (Revised ed.). New York: Harper and Row.
- Cohen, Mary Anne. (1995). French Toast for Breakfast: Declaring Peace with Emotional Eating. Gurze.
- Costin, Carolyn. (1996). The Eating Disorder Sourcebook. Los Angeles: Lowell House.
- Hall, Lindsey (ed.). (1993). Full Lives: Women Who Have Freed Themselves from Food and Weight Obsession. Gurze.
- Kano, Susan. (1989). Making Peace with Food. Boston: Amity Publishing Company.
- Meadow, Rosalyn M. (1996). Good Girls Don't Eat Dessert: Changing Your Relationship to Food and Sex. Harmony.
- Pipher, Mary. (1995). Hunger Pains: The Modern Woman's Tragic Quest for Thinness. New York: Ballantine Books.
- Radcliffe, Rebecca Ruggles. (1993). Enlightened Eating: Understanding and Changing Your Relationship with Food. EASE.
- Roth, Geneen and Lamott, Anne. (1998). When You Eat at the Refrigerator, Pull Up a Chair: 50 Ways to Be Thin, Gorgeous, and Happy When You Feel Anything But. Hyperion.
- Sandbeck, Terence. (1993). The Deadly Diet: Recovering from Anorexia and Bulimia (Second Edition). New Harbinger Publications.
- Schmidt, Ulrike and Treasure, Janet. (1994). Getting Better Bit(e) by Bit(e). Psychology Press.
- Siegel, Michelle; Brisman, Judith; and Weinschel, Margot. (1997). Surviving an Eating Disorder: Strategies for Family and Friends (Revised edition). New York: Harper and Row.

Anorexia

- Crisp, A. H.; Joughin, Neil; Halek, Christine; and Bowyer, Carol. (1994). Anorexia Nervosa: The Wish to Change. Psychology Press.
- Hall, Lindsey and Ostroff, Monika. (1998). Anorexia Nervosa: A Guide to Recovery. Gurze.

Bulimia

- Bauer, Barbara; Anderson, Wayne; and Hyatt, Robert. (1986). Bulimia: A Book for Therapist and Client. Indiana: Accelerated Publishers.
- Cooper, Peter J. (1993). Bulimia Nervosa and Binge Eating: A Guide to Recovery. New York: New York University Press.
- Hall, Lindsey and Cohn, Leigh. (1998). Bulimia: A Guide to Recovery (5th Edition). Gurze.

Compulsive Eating

- Fairburn, Christopher. (1995). Overcoming Binge Eating. Guilford Press.
- Hirschmann, Jane R. (1988). Overcoming Overeating. New York: Fawcett Crest.
- Johnston, Anita A. (1996). Eating in the Light of the Moon: How Women Can Let Go of Compulsive Eating Through Metaphor and Storytelling. Birch Lane Press.
- Roth, Geneen. (1997). Appetites: On the Search for True Nourishment. Plume.
- Roth, Geneen. (1993). Breaking Free from Compulsive Eating (Revised ed.). Plume.
- Roth, Geneen. (1993). Feeding the Hungry Heart: The Experience of Compulsive Eating (Revised ed.). Plume.
- Roth, Geneen. (1993). When Food Is Love: Exploring the Relationship between Eating and Intimacy. Plume.
- Roth, Geneen. (1993). Why Weight? A Guide to Ending Compulsive Eating (Revised ed.). Plume.

Body Image

- Cash, Thomas F. (1997). The Body Image Workbook: An 8-Step Program for Learning to Like Your Looks. New Harbinger Press.
- Dixon, Monica A. (1996). Love the Body You Were Born With: A Ten-Step Workbook for Women. Berkley Publishing Group.
- Erdman, Cheri K. (1997). Live Large! Ideas, Affirmations, and Actions for Sane Living in a Larger Body. Harper San Francisco.
- Foreyt, John P. and Goodrick, G. Ken. (1994). Living Without Dieting. Warner Books.
- Freedman, Rita. (1990). Body Love: Learning to Like Our Looks and Ourselves.
- Hirschmann, Jane R. and Munter, Carol R. (1995). When Women Stop Hating Their Bodies. New York: Fawcett.
- Hutchinson, Marcia Germaine. (1988). Transforming Body Image. Crossing Press.
- Johnston, Joni E. (1994). Appearance Obsession: Learning to Love the Way You Look. Health Communications.
- Newman, Leslea. (1992). SomeBody to Love: A Guide to Loving the Body You Have. Third Side Press.
- Rodin, Judith. (1992). Body Traps: Breaking the Binds That Keep You from Feeling Good about Your Body.
- Sward, Sharon Norfleet. (1998). You Are More Than What You Weigh. Wholesome Publishers.

Diversity Issues

- Atkins, Dawn. (1998). Looking Queer: Body Image and Identity in Lesbian, Bisexual, Gay, and Transgender Communities. The Haworth Press.
- Edut, Ophira and Walker, Rebecca (Eds.). (1998). Adios, Barbie: Young Women Write About Body Image, Ethnicity, and Identity. Seal Press.
- Thompson, Becky W. (1994). A Hunger So Wide and So Deep: American Women Speak Out on Eating Problems. Minneapolis: University of Minnesota Press.

Men

- Anderson, Arnold; Cohn, Leigh; and Holbrook, Thomas (2000). Making Weight: Men's Conflict with Food, Weight, Shape, and Appearance. Gurze
- Krasnow, Michael. (1996). My Life as a Male Anorexic. The Haworth Press.

Athletes

- O'Brien, Eileen. (1998). Starving to Win: Athletes and Eating Disorders. Rosen Publishing Group.

Self-Care

- Boston Women's Health Book Collective. (1998). Our Bodies, Ourselves for the New Century. Touchstone Books.
- Davis, Martha; Eshelman, Elizabeth Robbins; and McKay, Matthew. (1995). The Relaxation and Stress Reduction Workbook (Fourth Edition). Oakland: New Harbinger Publications.
- Delgado, Jane L. (1997). Salud! Guia Integral Para La Mujer Latina - Cuerpo, Mente Y Espiritu (Salud! A Latina's Guide to Total Health- Body, Mind, and Spirit). HarperPerennial.
- Hall, Lindsey and Cohn, Leigh. (1991). Self-Esteem: Tools for Recovery. Gurze.
- Katherine, Anna. (1998). Boundaries: Where You End and I Begin. Fine Communications.
- McKay, Matthew and Fanning, Patrick. (1994). Self-Esteem (Second Edition). St. Martin's Press.
- Villarosa, Linda (Ed.). (1994). Body and Soul: The Black Women's Guide to Physical Health and Emotional Well-Being. HarperPerennial.
- White, Evelyn. (1994). The Black Women's Health Book: Speaking For Ourselves. Seal Press.
- White, Jocelyn and Martinez, Marissa (Eds.). (1997). The Lesbian Health Book: Caring for Ourselves. Seal Press.