

Resources

Books

Intuitive Eating: A Revolutionary Program That Works. Evelyn Tribole, M.S., R.D. and Elyse Resch, M.S., R.D., F.A.D.A. ISBN 0-312-32123-6

Body Intelligence: Lose Weight, Keep It Off, and Feel Great About Your Body Without Dieting. Edward Abramson, Ph. D. ISBN 0-07-144206-5

Emotional Eating: A Practical Guide For Taking Control. Edward Abramson, Ph.D. ISBN 0-02-900215-X

Thin For Life: 10 Keys to Success From People Who Have Lost Weight and Kept It Off. Anne M. Fletcher, M.S., R.D. ISBN 0-618-34055-6

Eating Thin For Life: Food Secrets + Recipes from People Who Have Lost Weight and Kept It Off. Anne M. Fletcher, M.S., R.D. ISBN 1-57630-062-5

The 3-Day Solution Plan: Jump Start Lasting Weight Loss by Turning Off the Drive to Overeat. Laurel Mellin, M.A., R.D. ISBN 1-4000-6377-9

The Pathway: Turn Off the Drive to Overeat, Overspend, Overwork, Smoke, Drink Too Much, Rescue Others, Put Up Walls, Think Too Much, People Please. Laurel Mellin, M.A., R.D. ISBN 0-06-051403-5

Slim By Suggestion. Roz Collier and Georgia Foster. ISBN0-00-712666-2

The Rules of Normal Eating: A Commonsense Approach for Dieters, Overeaters, Undereaters, Emotional Eaters and Everyone in Between. Karen Koenig, LICSW, M.ED.

The Food & Feelings Workbook: A Full Course Meal On Emotional Health. Karen Koenig, LICSW, M.ED.

Mayo Clinic On Healthy Weight: Answers To Help You Achieve and Maintain the Weight That's Right For You. ISBN 1-893005-05-04

The Ultimate Weight Solution. Dr. Phil McGraw. ISBN

The Ultimate Weight Solution Food Guide. Dr. Phil McGraw. ISBN 0-7434-9039-8

Heart Smart Nutrition: Shopping On the Run. Ramona Josephson RDN [in conjunction with the Heart + Stroke Foundation of Canada] ISBN 1-55054-983-9

Becoming Vegetarian: The Complete Guide to Adopting A Healthy Vegetarian Diet. Vesanto Melina, M.Sc., R.D. and Brenda Davis, R.D. ISBN 0-470-83253-3

Looneyspoons: Low-Fat Food Made Fun. Janet + Greta Podleski. ISBN 0-9680631-0-1

Crazy Plates: Low-Fat Food So Good You'll Swear It's Bad For You. Janet + Greta Podleski ISBN 0-96800631-2-8

Eat, Shrink + Be Merry: Great-tasting food that won't go from your lips to your hips!. Janet + Greta Podleski. ISBN 0-9680631-3-6

Fight Fat After Forty: Stop Being A Prisoner of Weight. Pamela Peeke, M.D., M.P.H. ISBN 0-670-88919-9

Diabetes Burnout: What To Do When You Can't Take It Anymore. William H. Polonsky, Ph.D., C.D.E. ISBN 1-58040-033-7

Negaholics: How to Overcome Negativity and Turn Your Life Around. Cherie Carter-Scott Ph.D. ISBN 0-345-43899-X

Power Over Stress: 35 Quick Prescriptions for Mastering the Stress In Your Life. Kenford Nedd, M.D. ISBN 0-9733291-0-6

When The Body Says No: The Hidden Cost of Stress. Gabor Mate, M.D. ISBN 0-676-97312-4

What Happy People Know. Dan Baker, Ph.D. and Cameron Stauth. ISBN 1-57954-602-1