

Mindful Eating Reading List

Emotional Eating & Binge Eating

- Eating the Moment: 141 Mindful Practices to Overcome Overeating One Meal at a Time* by Pavel Georgievich Somov
- The Binge Eating and Compulsive Overeating Workbook: An Integrated Approach to Overcoming Disordered Eating* by Carolyn Ross
- The Food and Feelings Workbook: A Full Course Meal on Emotional Health.* By Karen R. Koenig

Geneen Roth

- Appetites: On the Search for True Nourishment*
- Breaking Free from Emotional Eating*
- Feeding the Hungry Heart: The Experience of Compulsive Eating*
- When Food Is Love: Exploring the Relationship Between Eating and Intimacy*
- When You Eat at the Refrigerator, Pull Up a Chair: 50 Ways to Feel Thin, Gorgeous, and Happy (When You Feel Anything But)*
- Why Weight: A Guide to Ending Compulsive Eating*
- Women and Food and God: An Unexpected Path to Almost Everything*

Non-Diet & Thin ≠ Healthy

- Intuitive Eating: A Revolutionary Program that Works*, Evelyn Tribole, M.S., R.D. & Elyse Resch, M.S., R.D., F.A.D.A.
- The Rules of "Normal" Eating: A Commonsense Approach for Dieters, Overeaters, Undereaters, Emotional Eaters, and Everyone in Between!*, Karen R. Koenig, LICSW, M.Ed.
- The Diet Survivor's Handbook: 60 Lessons in Eating, Acceptance, and Self-Care*, Judith Matz, LCSW & Ellen Frankel, PhD.
- Health at Every Size: The Surprising Truth About Your Weight*, Linda Bacon, PhD.
- Big Fat Lies: The Truth About Your Weight and Your Health*, Glen Gaesser, PhD.
- Eat What You Love, Love What You Eat: How to Break Your Eat-Repent-Repeat Cycle.* By Michelle May

Eating Disorders – Understanding the Struggle & The Journey of Recovery

- Why She Feels Fat: Understanding Your Loved One's Eating Disorder and How You Can Help*, Johanna Marie McShane, PhD & Tony Paulson, PhD.
- Eating in the Light of the Moon: How Women Can Transform Their Relationships with Food Through Myths, Metaphores & Storytelling*, Anita Johnston, PhD.
- Life Without Ed: How One Woman Declared Independence from Her Eating Disorder and How You Can Too*, Jenni Schaefer
- Goodbye Ed, Hello Me: Recover from Your Eating Disorder and Fall in Love with Life*, Jenni Schaefer
- Healing Your Hungry Heart: Recovering from Your Eating Disorder*, Joanna Poppink
- Restoring Our Bodies, Reclaiming Our Lives: Guidance and Reflections on Recovery from Eating Disorders* by Aimee Liu
- 8 Keys to Recovery from an Eating Disorder: Effective Strategies from Therapeutic Practice and Personal Experience (8 Keys to Mental Health)* by Carolyn Costin & Gwen Schubert Grabb
- Life Beyond Your Eating Disorder: Reclaim Yourself, Regain Your Health, Recover for Good* by Johanna S. Kandel

Body Image

- The Body Image Workbook: An Eight-Step Program for Learning to Like Your Looks* by Thomas Cash PhD
- Weightless: Making Peace With Your Body* by Kate Wicker
- Feeling Good about the Way You Look: A Program for Overcoming Body Image Problems* by Sabine Wilhelm PhD
- The BDD Workbook: Overcome Body Dysmorphic Disorder and End Body Image Obsessions* by James Claiborn
- The Broken Mirror: Understanding and Treating Body Dysmorphic Disorder* by Katharine A. Phillips M.D.
- Love Your Body: Change the Way You Feel about the Body You Have.* by Tami Brannon-Quan & Lisa Licavoli

Mindful Eating

- Eating Mindfully, Mindful Eating 101, and 50 Ways to Soothe Yourself Without Food.* All by Susan Albers, PsyD
- Mindful Eating: A Guide to Rediscovering a Healthy and Joyful Relationship with Food.* By Jan Chozen Bays
- Savor: Mindful Eating, Mindful Life.* By Thich Nhat Hanh & Lilian Cheung