

The Feminist Bookshop

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EATING DISORDERS / BODY IMAGE

50 Ways To Soothe Yourself Without Food

Susan Albers \$26.95

If you eat for comfort here are some healthy alternatives.

Defeating The Child Obesity Epidemic

Carolyn Ashworth \$34.95

Guidelines for parents if children have a problem with overeating/weight. Getting your kids active is essential.

The Dialectical Behaviour Therapy Skills Workbook For Bulimia

Ellen Astrachan-Fletcher \$36.95

Using DBT to break the cycle and regain control of your life. Recommended for sufferers and practitioners.

When Eating Is Everything

Jillian Ball \$27.95

For women troubled by your eating, guidelines to change your life, and a guilty relationship with food and weight.

Lighten Up Your Body Lighten Up Your Life

Luccia Capacchione \$25.95

Playful and creative workbook for reclaiming your body, and moving beyond the obsession with diet and exercise.

The Body Image Workbook

Thomas Cash \$42.95

Practical programme to help you like the way you look.

The BDD Workbook

James Claiborn \$49.95

How to overcome Body Dysmorphic Disorder and end body image obsessions.

The Secret Language Of Eating Disorders

Peggy Claude-Pierre \$26.95

A new approach to understanding and curing anorexia and bulimia. For families, professionals, and the sufferer.

French Toast For Breakfast

Mary Anne Cohen \$25.95

Guide to understanding the emotions that underlie eating problems, such as shame, anger, guilt, sexual difficulties, and fear of success.

Eating With Your Anorexic

Laura Collins \$34.95

Personal story from a mother about the recovery of her daughter through a family-based treatment.

The Appetite Awareness Workbook

Linda Craighead \$34.95

Change the way you relate to food with this workbook, showing how to listen to your body, overcome bingeing, overeating, and obsession with food.

The 7 Deadly Sins Of Obesity

Jane Dixon & Dorothy Broom eds \$39.95

How the modern world is making us fat. Serious study of society and its effect on our health.

Hunger For Understanding

Alison Eivors \$68.95

Workbook for helping young people to understand and overcome anorexia nervosa.

Monkey Taming

Judith Fathallah \$18.95

Uplifting novel written by a teenager on her own experiences with anorexia, and the obsession to be thin.

Enduring Change In Eating Disorders

Charles Fishman \$45.95

Interventions with long-term results, based on treatment involving the whole family.

Taking Charge Of My Mind & Body

Gladys Folkers \$29.95

Girl's guide to dealing with alcohol, drug, smoking and eating problems.

Young Women And The Body

Liz Frost \$74.95

A feminist perspective on the common experience of contemporary Western young women in having a poor body image, and self-hatred.

Food Addiction

Stephen Grinstead \$5.95

Workbook for compulsive overeaters, food addicts and binge eaters, looking at recovery and relapse.

Inside Anorexia

Christine Halse \$39.95

Experiences and challenges faced by teenage girls with anorexia, and their families. Real life accounts illustrate how each situation is different and needs to be assessed in the context of the family dynamic.

Healthy Body Image

Justin Healey \$19.95

Body image advice for young people, in the useful *Issues In Society Series*.

Overweight and Obesity

Justin Healey \$19.95

Facts and figures, more good advice from the *Issues In Society Series*.

The Anorexia Workbook

Michelle Heffner \$34.95

How to accept yourself, heal your suffering, and reclaim your life.

Fat Is A Family Affair

Judi Hollis \$34.95

How food obsessions affect relationships 2ND Edition.

Living With Your Looks

Roberta Honigman \$29.95

Looks at body image and how we idealise what we think is "attractive". Examines cultural, historical, and social influences.

Biting Anorexia

Lucy Howard-Taylor \$24.95

True story of an 18 year old woman and her struggle and recovery from anorexia. Powerful writing and insights. Australian author.

Why Can't I Look The Way I Want?

Melinda Hutchings \$27.95

An Australian author who struggled with anorexia for 3 years draws on her own experience and that of others. She offers help and encouragement to young people dealing with any kind of eating disorder, anorexia, bulimia, exercise obsession, and also boys with anorexia.

200 Ways To Love The Body You Have

Marcia Hutchison \$29.95

Tools to overcome society's negative messages about body image.

Fat Is A Family Affair

Judi Hollis \$37.95

Looks at the distorted relationships that can underlie eating disorders, and shows how eating can come a substitute for intimacy.

Eating In The Light Of The Moon

Anita Johnson \$29.95

How women can transform their relationship with food through myths, metaphors, and storytelling.

Appetites

Caroline Knapp \$24.95

An anorexia memoir by a woman who has been through the experience. She challenges all women to feed both body and soul.

Food For Thought

Elizabeth L \$30.95

Daily readings on recovery for compulsive overeaters based on 12 Step recovery programme.

The Cognitive Behavioural Workbook For Weight Management

Michelle Laliberte \$32.95

Step by step programme to prepare for lasting change, maintain progress, and deal with relapses.

Self-Help Approaches For Obesity And Eating Disorders

Janet Latner ed \$69.95

Research and practice, and an overview of self-help interventions into obesity, binge eating and related disorders. Looks at what works.

Help Your Teenager Beat An Eating Disorder

James Lock \$35.95

Research on which treatments work, and how to change eating habits and exercise. Importance of acting now.

Biting The Hand That Starves You

Richard Maisel \$57.95

Powerful accounts of recovery from anorexia and bulimia, showing cooperation between the sufferer and the therapist.

The Overcoming Bulimia Workbook

Randi McCabe \$33.95

Step by step guide to recovery with a comprehensive approach.

Breaking The Bonds Of Food Addiction

Susan McQuillan \$24.95

Looks at internal and external triggers which can lead to developing an unhealthy relationship with food.

Binge No More

Joyce Nash \$36.95

An easy to follow guide to overcoming disordered eating, based on Cognitive Behaviour Techniques.

When Your Child Has An Eating Disorder

Abigail Natenshon \$37.95

Step by step workbook for parents and other care givers of children, pre-teen to young adult.

Shape Your Self

Martine Navratilova \$32.95

An inspirational guide to achieving your personal best. A world champion writes about health, fitness, nutrition, and self-esteem.

Strong Women Stay Slim

Miriam Nelson \$27.95

Strength training programme for women, for strong bones, balance, and to keep fit.

Strong Women Eat Well

Miriam Nelson \$32.95

Nutritional strategies for a healthy body and mind. Excellent advice for someone struggling with an eating disorder.

What's Eating You?

Tammy Nelson \$24.95

Workbook for helping teens with anorexia, bulimia, and other eating disorders

“I’m Like So Fat!”

Dianne Neumark-Sztainer \$29.95

Helping your teen make healthy choices about eating and exercise in a weight-obsessed world.

Fat Is A Feminist Issue

Susie Orbach \$24.95

Eating disorder classic updated and with a new introduction, from a pioneer in the field of eating disorders.

Bodies

Susie Orbach \$29.95

New thoughts from the woman who has defined, highlighted, and battled against eating disorders endemic in society.

Fit To Die

Anna Paterson \$42.95

Eating disorders and body image issues for men, from an acknowledged leading author.

Breaking Free From Emotional Eating

Geneen Roth \$25.95

Previously published as *Breaking Free From Compulsive Eating*, strategies to help you understand and break free from the cycle of unconscious eating for comfort.

When You Eat At The Refrigerator, Pull Up A Chair

Geneen Roth \$21.95

Good advice for anyone who struggles with an eating disorder, and a negative body image.

Dying To Be Thin

Ira Sacker \$27.95

Understanding and defeating anorexia nervosa and bulimia, a practical life-saving guide to recovery from a dangerous obsession.

Feeding The Starving Mind

Doreen Samuelson \$42.95

Personalized, comprehensive approach to overcoming anorexia and other starvation eating disorders.. A workbook showing how to nourish yourself for a healthy body and a quiet mind.

Understanding Anorexia Nervosa

Debbie Stanley \$29.95

A teen eating disorder prevention book. How to identify the problem and seek help.

A Matter Of Fat

Rosemary Stanton \$24.95

Understanding and overcoming obesity in kids, Australian dietician author makes good sense suggestions to worried parents.

Just A Little Too Thin

Michael Strober \$31.95

Suggestions on how to pull your daughter back from an eating disorder. Practical advice for parents that could save a child’s life.

How To Help Your Overweight Child

Karen Sullivan \$35.00

Teaches how to eat well and enjoy exercise, have self-esteem and self-respect.

Generation Extra Large

Lisa Tartamella \$39.95

Rescuing our children from the epidemic of obesity, advice from nutritional experts.

Good Food

Margaret Wittenberg \$39.95

A complete guide to good nutrition and eating well for optimum health.

Overeaters Anonymous Sydney office for meeting information plus excellent literature and books 02 9518 3004

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