

# 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 2<sup>ND</sup> 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.

**The Bulimia Workbook For Teens**

*Lisa Schab \$23.95*

Activities to help you stop bingeing and purging. Guidance to take charge of your relationship with food, and deal with difficult feelings.

**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.

**Anorexia Nervosa**

*Janet Treasure \$35.00*

Survival guide for sufferers and families to help in collaborating with carers and professionals.

**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**

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