

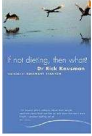

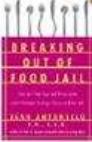
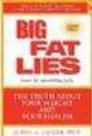
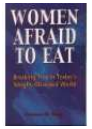
SUGGESTED READING

Below is a list of books recommended by EDV staff to help readers wanting to know more about healthy eating, positive body image, mindful eating and alternatives to dieting.


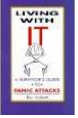
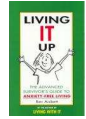
Members of EDV may borrow them from our library.

The EDV library identification number appears beside each title making it easy to locate them on our shelves.

Alternatives to Dieting

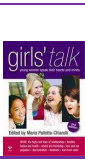

Book	Description
	If Not Dieting, Then What? (D03) Author: Dr Rick Kausman As a medical practitioner Dr Kausman discusses issues faced by a person with an eating disorder.
	Why Weight (C33) Author: Geneen Roth A guide to ending compulsive eating.
	Breaking Out of the Food Jail (D02) Author: Jean Antonello Help to break the restrictive eating/bingeing cycle.
	Big fat lies (D27) Author: Glenn A. Gaesser Written by an exercise physiologist, this book challenges the conventional wisdom that excess body fat poses a danger to health, supporting EDV's belief that you can be healthy at every size.
	Women Afraid to Eat (D26) Author: Frances M. Berg A book that challenges the powerful social and medical pressures to be thin. Learn how you can break free, live free and help others enjoy health and well-being at any size.

Self Help

	IT BOOKS The Book of It (MH21D) Author: Bev Aisbett Provides much needed reassurance and support, leading the way out of the maze of anxiety with humour and the insight of first-hand experience.
	Living with It (MH21) Author: Bev Aisbett Provides much needed reassurance and support, leading the way out of the maze of panic with humour and the insight of first-hand experience.
	Living it Up (MH21B) Author: Bev Aisbett A guide to overcoming panic attacks, severe anxiety, anger, and procrastination-our most common day-to-day social and emotional problems. The reader is guided gently but firmly, with humour and honesty, along the steps that will turn victims into survivors, from people in pain to people who give joy, from angry people to people who can enjoy life.


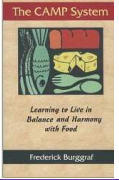
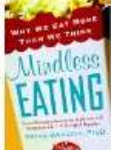
	<p>Letting It Go (MH21C) Author: Bev Aisbett The author shows how to recognise self-limiting beliefs, improve self-esteem, change negative attitudes, benefit from fortuitous coincidences and improve intimate relationships</p>
	<p>I Love Me (MH21E) Author: Bev Aisbett The author, who has helped thousands of Australians find a way out of depression and anxiety, now shows you how to find the most loyal friend of all....you. This is the latest addition to the Bev Aisbett collection.</p>
	<p>Taming the Black Dog (MH35) Author: Bev Aisbett A simple guide to managing depression.</p>
	<p>The Habit Change Workbook (SH62) Author: Claiborn, Pedrick Provides effective, well studied techniques to help readers change troublesome or hurtful habits ranging from compulsive shopping, procrastination, computer addiction, nail biting etc.</p>
	<p>What's Eating You (SH66) Author: Tammy Nelson This workbook takes aim at the motivations behind your relationship with food and helps you to better understand how your need to control what you eat can end up controlling you.</p>
	<p>The Anxiety Workbook for Teens (SH64) Author: Lisa Schab This workbook will show you how to deal with the day-to-day challenges of anxiety. It will help you develop a positive self-image and recognise your anxious thoughts.</p>
	<p>Coping with Cliques (SH65) Author: Susan Sprague This workbook will help you deal with cliques, teasing and gossip and show you how to avoid getting caught up in this hurtful patter of behaviour. It includes key strategies for sticking up for yourself, maintaining your self-esteem even when others tease you, and finding friends who like you for who you are.</p>
	<p>Overcoming Binge Eating (C22) Author: Christopher Fairburn This authoritative book presents the facts about binge eating and offers concrete solutions to help overcome it. This book is a must read for binge eaters and their families.</p>

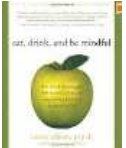
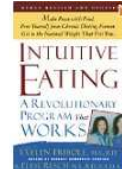
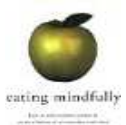

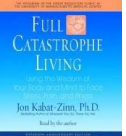
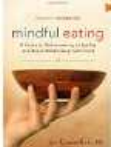
Positive Body Image

	<p>MARIA PALLOTTA-CHIAROLLI BOOKS Girls Talk (B123) Contributors from across Australia (aged between 12 and 20) write about their lives, hopes, happiness and pain.</p>
	<p>Boys' Stuff (M4) What do guys think about friends, parents, sex, sport, drugs and everything else that matters? In Boys' Stuff, teenagers write about their lives. It's honest, raw and real. They talk about what the rules are, how they break them, and what's really cool.</p>

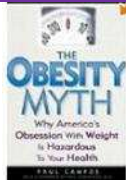

	<p>Real Girls Eat (BI21) Author: Anthea Paul This book is all about helping young women navigate their way through the world of food. Be inspired to eat in a way that serves your mind, your body, your spirit and your planet - equally</p>
	<p>Real Gorgeous (BI7) Author: Kaz Cooke Real Gorgeous delivers no-nonsense information about size, shape, self esteem and the cellulite scam.</p>
	<p>Self Esteem Comes In All Sizes (BI28) Author: Carol Johnson This book reaffirms the message: you can love yourself and enjoy life no matter what your size.</p>
	<p>The Body Image Workbook (BI34) Author: Kaz Cooke This revised edition of The Body Image Workbook presents a complete approach to dealing with body image issues. It includes new evidence that confirms the effectiveness of its cognitive behavioral approach. The book presents new discussions of cosmetic surgery, weight loss, and other body-fixing options, as well as information for persons with physically disfiguring conditions.</p>
	<p>The Beauty Myth (BI10) Author: Naomi Wolf Wolf rejects the standard – you have to be thin to be beautiful myth – and embraces the naturally distinct beauty of all women.</p>


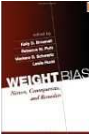
Mindful Eating:

	<p>Five Good Minutes in your Body (ME01) Author: Jeffrey Brantley, Wendy Millstine. 100 mindful practices to help you accept yourself and feel at home in your body.</p>
	<p>The Camp System (ME02) Author: Frederick Burggraf Control, Attitudes, Mindfulness and Portions (CAMP) system places importance on how to eat rather than what to eat.</p>
	<p>Mindless Eating (ME03) Author: Brian Wansink In this much-talked-about book, food psychologist Brian Wansink revolutionises our awareness of how much, what and why we're eating – often without even realising it. His findings will astound you.</p>

	<p>Eat, Drink and be Mindful (ME05) Author: Susan Albers This workbook, by the author of Eating Mindfully (see below) includes mindfulness tips, activities and checklists to help you start a mindful eating program, evaluate your progress and discover a healthier and richer relationship with food.</p>
	<p>Intuitive Eating (ME10) Author: Tribole & Resch We've all been there - angry with ourselves for overeating, for our lack of willpower, for failing at yet another diet that was supposed to be the last one. But the problem is not you, it's that dieting, with its emphasis on rules and regulations, has stopped you from listening to your body. Written by two prominent nutritionists, <i>Intuitive Eating</i> focuses on nurturing your body rather than starving it, encourages natural weight loss, and helps you find the weight you were meant to be.</p>
	<p>Eating Mindfully (ME06) Author: Susan Albers The key to changing the way you eat is not discipline over what is on your fork, but mastery over your hungry mind.</p>
	<p>Eating the Moment (ME07) Author: Pavel G. Somov Eating the moment offers 141 mindfulness activities to help you listen to your body, understand why you're eating and control your cravings if you're eating out of habit or because of your emotions. You won't find any start dates, dieting tips or meal plans in this book, just practical and meaningful exercises to help you end mindless eating and begin nourishing yourself in healthy fulfilling ways.</p>
	<p>Full Catastrophe Living (ME08) Author: Jon Kabat-Zinn This ground breaking book shows you how to use natural, medically proven methods to soothe and heal your body, mind and spirit.</p>
	<p>Mindful eating (ME09) Author: Jan Chozen Bays A guide to rediscovering a healthy and joyful relationship with food.</p>

Obesity

	<p>The Obesity Myth (OB02) Author: Paul Campos The Obesity Myth is not just a compelling argument grounded in scientific research, it is also an expose of the billion-dollar weight loss industry and the culture that feeds our self-defeating war on fat. (NB: The same book is printed under the title: The Diet Myth and can also be found in our Alternative to Dieting section (D01))</p>
	<p>Rethinking Thin (OB04) Author: Gina Kolata An incisive, thought-provoking examination of a subject that concerns us all. This book will educate and illuminate those seeking solid information about the struggle to lose weight.</p>

	<p>A Matter of Fat (OB09) Author: Stanton & Hills This book is packed with practical solutions to help families facing weight problems. The guidelines provided are sensible, enjoyable and based on sound science.</p>
	<p>Weight Bias (OB10) Author: Brownell, Puhl, Schwartz, Rudd Reading this scholarly volume points us toward understanding how weight bias comes about, how it can subtly affect us, and how deeply it affects those who bear the brunt of it. There are remedies, though, and a substantial portion of the book shows us how we can help.</p>

Where to source books for your own library:

Websites:

www.amazon.com

Great source for secondhand books in as new condition at a dramatically reduced cost – but be aware that postage (per book – they don't combine postage) is an additional cost.

www.booko.com.au

Booko is a website which will find your book selection and source the cheapest worldwide price for it. And it converts the cost into Australian dollars. It's an excellent website for books.

The It books: www.booktopia.com.au

Skills based learning: www.bookdepository.co.uk

(This is currently the cheapest source for this book and international shipping is free) Please be aware that this book can range in price from \$25 - \$75 in Australian bookstores (depending on supplier).

Bookshops:

Readings Book Stores

Carlton - 309 Lygon St

Hawthorn - 701 Glenferrie Rd

Malvern - 185 Glenferrie Rd

Port Melbourne - 253 Bay St

St Kilda - 112 Acland St

State Library - State Library of Victoria foyer, Cnr La Trobe and Swanston Streets, Melbourne