



### Recommended Books & Resources

1. Boundaries-When To Say Yes, When To Say No, To Take Control of Your Life by Henry, Dr. Townsend, John, Dr. Cloud
2. Breaking Free From Emotional Eating, by Geneen Roth
3. Changing For Good; A Revolutionary Six-Stage Program for Overcoming Bad Habits and Moving Your Life Positively Forward by Prochaska
4. Conscious Eating, Conscious Living; A Practical Guide To Making Peace With Food & Your Body by Barbra L. Holtzman, MSW, LICSW
5. Eating in the Light of the Moon: How Women Transform Their Relationship with Food Through Myths, Metaphors, and Storytelling by Anita A. Johnston, PhD.
6. The Beck Diet Solution: Train your Brain to Think Like a Thin Person, by Judith Beck, PhD.
7. The Body Image Workbook-An Eight Step Program for Learning to Like Your looks by Thomas f. Cash, PhD.
8. Think Thin, Be Thin: 101 Psychological Ways to Lose Weight by Doris Wild Helmering and Dianne Hales

### Websites

[www.acefitness.org](http://www.acefitness.org)

[www.acsm.org](http://www.acsm.org)

[www.asmb.org](http://www.asmb.org)

[www.calorieking.com](http://www.calorieking.com)

[www.dsfacts.com](http://www.dsfacts.com)

[www.fitday.com](http://www.fitday.com)

[www.hungry-girl.com](http://www.hungry-girl.com)

[www.kraftfoods.com](http://www.kraftfoods.com)

[www.mydailyplate.com](http://www.mydailyplate.com)

[www.myfitnesspal.com](http://www.myfitnesspal.com)

[www.obesityaction.org](http://www.obesityaction.org)

[www.obesityhelp.com](http://www.obesityhelp.com)

[www.realizemysuccess.com](http://www.realizemysuccess.com)

[www.recipe.com](http://www.recipe.com)

[www.soyfoods.com](http://www.soyfoods.com)

[www.sparkpeople.com](http://www.sparkpeople.com)

[www.vegetariantimes.com](http://www.vegetariantimes.com)

[www.webmd.com](http://www.webmd.com)

[www.yourbariatricsurgeryguide.com](http://www.yourbariatricsurgeryguide.com)