

Suggested Reading List for Information and Insights into Eating Disorders
by Anne Cuthbert, M.A., LPC, LMHC

- "When Food is Love", Geneen Roth
- "Overcoming Overeating", Carol Munter and Jane Hirschmann
- "Intuitive Eating", Evelyn Tribole and Elyse Resch
- "Health at Every Size: The Surprising Truth About Your Weight", Linda Bacon, Ph.D.
- "Fat!So?: Because You Don't Have to Apologize for Your Size", Marilyn Wann
- "The Obsession; Reflections of the Tyranny of Slenderness", Kim Chernin
- "Starving for Attention", Cherry Boone
- "The Best Little Girl in the World", Steven Levenkron
- "Things No One Tells Fat Girls" by Jessica Baker
- "Fat Girl Walking" by Brittank Gibbons (a memoir)
- "Shrill" by Lindy West
- My website, which has newsletters and resources:
www.FoodIsNotTheEnemy.com
- www.something-fishy.org
comprehensive website on eating disorders
- www.FatSo.com
for people who don't apologize for their size
- <http://www.ellynsatter.com>
information on helping your children have a healthy relationship with food