



Health at Every Size:

Materials That Promote Intuitive Eating, Pleasurable Physical Activity, and Body Acceptance

155.916 Shanker

Shanker, Wendy. **The Fat Girl's Guide to Life**

The humor columnist for *Grace Magazine* shows that one can be fit and fat and shows how the media, corporate greed, and even loved ones can make one think otherwise.

158.1 Johnson

Johnson, Carol. **Self-Esteem Comes In All Sizes: How to Be Happy and Healthy At Your Natural Weight**

The author shows larger people how to separate size from self-esteem, focus on health rather than weight loss, and gain compliments and respect for their appearance.

158.1082 Erdman

Erdman, Cheri. **Nothing to Lose: A Guide to Sane Living in a Larger Body**

This guide to self-acceptance surveys the history of body-image opinions, taking readers through the process of body shame recovery.

248.843 Newman

Newman, Deborah. **Comfortable in Your Own Skin: Making Peace with Your Body Image**

Dr. Deborah Newman uses biblical advice, combined with her clinical experience, to reach out to Christian women on the topic of body image.

294.3 Nhat Hanh

Nhat Hanh, Thich. **Savor: Mindful Eating, Mindful Life**

A Buddhist leader and a Harvard nutritionist offer cutting-edge science and Buddhist wisdom on the subject of eating with one's health and the welfare of the planet in mind.

306.4 Wann

Wann, Marilyn. **Fat! So?: Because You Don't Have to Apologize For Your Size!**

Presents quotes, essays, and stories that tackle the latest taboo, being fat, and shows readers how they can reclaim their body and live a happy and healthy life at any size.

306.4613 Chadwick

Chadwick, Dara. **You'd Be So Pretty If...: Teaching Our Daughters to Love Their Bodies—Even When We Don't Love Our Own**

Provides interviews and the experiences of both mothers and daughters on body image and describes what girls learn from their mother's attitudes about their own appearance.

306.4613 Weiner

Weiner, Jessica. **Do I Look Fat in This?: Life Doesn't Begin Five Pounds from Now**

Outlines a plan for breaking self-destructive cycles while offering strategies on how to overcome relationship issues and build self-esteem.

362.1963 Fat

Rothblum, Esther D. **The Fat Studies Reader**

A collection of forty essays exploring why the oppression of fat people remains acceptable in our society. One of the contributors is Amy Farrell, a guest on *The Colbert Report*.

613.2 Albers

Albers, Susan. **Eat, Drink, and Be Mindful: How to End Your Struggle with Mindless Eating and Start Savoring Food with Intention and Joy**

Presents tools for applying the principles of mindful eating to daily life, such as self-assessment questions and tables that track eating patterns and the emotions accompanying them.

613.25 Bacon

Bacon, Linda. **Health at Every Size: The Surprising Truth about Your Weight**

A healthy-living manual that debunks weight myths and translates the latest science into practical advice to help readers forever end their battle with weight.

613.25 Kolata

Kolata, Gina Bari. **Rethinking Thin: The New Science of Weight Loss—and the Myths and Realities of Dieting**

A *New York Times* science writer shows that our society's obsession with dieting and weight loss is less about staying healthy than about money, power, trends, and impossible ideals.

613.25 Tribole

Tribole, Evelyn. **Intuitive Eating: A Recovery Book for the Chronic Dieter – Rediscover the Pleasures of Eating and Rebuild Your Body Image**

Shows chronic dieters how to know how much food their body needs, how to rediscover the delights of food, and how to discover their natural weight.

613.7045 Williams

Williams, Jayne. **Shape Up with the Slow Fat Triathlete: 50 Ways to Kick Butt on the Field, in the Pool, or at the Gym—No Matter What Your Size and Shape**

Tips, amusing anecdotes, entertaining stories, and realistic advice are combined in this helpful guide for beginning athletes who seek inspiration for sticking to a fitness program that works.

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613.7046 Call

Call, Naomi. **Yoga in Bed: Awaken Body, Mind & Spirit in Fifteen Minutes**

Introduces readers to the breathing exercises and simple postures that will help them awaken and focus body, mind, and spirit in just fifteen minutes each morning.

DVD 613.7046 Yoga

Yoga for the Rest of Us

Eases beginners into the world of yoga for effective and enjoyable exercise that promotes energy and flexibility.

CDAUDIO 613.7176 Weil

Weil, Andrew. **Walking: The Ultimate Exercise for Optimum Health**

Transforms walking into one of the most powerful self-healing tools known to medicine, providing an invigorating program that offers all that's necessary to begin a daily habit.

616.398 Campos

Campos, Paul F. **The Obesity Myth: Why America's Obsession with Weight Is Hazardous to Your Health**

A provocative exposé of America's self-defeating war on obesity challenges conventional wisdom regarding the cultural, medical, and political meaning of weight, arguing against the myth that falsely equates thinness with health and explaining why dieting is bad for health.

616.398 Oliver

Oliver, J. Eric. **Fat Politics: The Real Story behind America's Obesity Epidemic**

Shows how a handful of doctors, government bureaucrats, and health researchers, with financial backing from the drug and weight-loss industries, have campaigned to create standards that mislead the public.

616.8526 Roth

Roth, Geneen. **Feeding the Hungry Heart: The Experience of Compulsive Eating**

Describes the experiences of compulsive eaters, examines their obsessions with both food and thinness, and tells how to change our attitudes about eating.

BIO FRIEDMAN P. Friedman

Friedman, Peach. **Diary of an Exercise Addict: A Memoir**

Draws on the author's own experience with exercise bulimia and her battle for recovery, a process that revealed unexpected truths about her relationships with friends, family, and lovers.

BIO RENN C. Renn

Renn, Crystal. **Hungry**

One of the world's top plus-size models relates her former life as a size 00 model and her battles with eating disorders, delivering a message about body image, beauty, and self-confidence.

www.jocolibrary.org/findagoodbook

Available through Interlibrary Loan:

Gaesser, Glenn A. **Big Fat Lies: The Truth about Your Weight and Your Health**

Discredits the conventional belief that obesity is a "killer disease," citing the findings that excess dietary fat, not weight, is the contributor to cancer, diabetes, and heart disease, and that individuals have a natural weight that may be ten to fifty pounds above the standard.

Jonas, Steven and Linda Konner. **Just the Weigh You Are: How to Be Fit and Healthy, Whatever Your Size**

A doctor and a noted nutrition writer offer readers a plan for a healthy lifestyle regardless of their weight, covering such areas as self-acceptance, nutrition, exercise, and stress management.

Orbach, Susie. **Fat Is a Feminist Issue**

Describes obesity in women as a response to the inequality of the sexes and explores why some women use food to fill emotional and psychological needs.

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