

Suggested Readings on Eating Problems

General

- Chernin, Kim. (1994). The Hungry Self: Women, Eating, and Identity (Revised ed.). New York: Harper and Row.
- Chernin, Kim. (1994). The Obsession: Reflections on the Tyranny of Slenderness (Revised ed.). New York: Harper and Row.
- Cohen, Mary Anne. (1995). French Toast for Breakfast: Declaring Peace with Emotional Eating. Gurze.
- Costin, Carolyn. (1996). The Eating Disorder Sourcebook. Los Angeles: Lowell House.
- Hall, Lindsey (ed.). (1993). Full Lives: Women Who Have Freed Themselves from Food and Weight Obsession. Gurze.
- Kano, Susan. (1989). Making Peace with Food. Boston: Amity Publishing Company.
- Meadow, Rosalyn M. (1996). Good Girls Don't Eat Dessert: Changing Your Relationship to Food and Sex. Harmony.
- Pipher, Mary. (1995). Hunger Pains: The Modern Woman's Tragic Quest for Thinness. New York: Ballantine Books.
- Radcliffe, Rebecca Ruggles. (1993). Enlightened Eating: Understanding and Changing Your Relationship with Food. EASE.
- Roth, Geneen and Lamott, Anne. (1998). When You Eat at the Refrigerator, Pull Up a Chair: 50 Ways to Be Thin, Gorgeous, and Happy When You Feel Anything But. Hyperion.
- Sandbeck, Terence. (1993). The Deadly Diet: Recovering from Anorexia and Bulimia (Second Edition). New Harbinger Publications.
- Schmidt, Ulrike and Treasure, Janet. (1994). Getting Better Bit(e) by Bit(e). Psychology Press.
- Siegel, Michelle; Brisman, Judith; and Weinschel, Margot. (1997). Surviving an Eating Disorder: Strategies for Family and Friends (Revised edition). New York: Harper and Row.

Anorexia

- Crisp, A. H.; Joughin, Neil; Halek, Christine; and Bowyer, Carol. (1994). Anorexia Nervosa: The Wish to Change. Psychology Press.
- Hall, Lindsey and Ostroff, Monika. (1998). Anorexia Nervosa: A Guide to Recovery. Gurze.

Bulimia

- Bauer, Barbara; Anderson, Wayne; and Hyatt, Robert. (1986). Bulimia: A Book for Therapist and Client. Indiana: Accelerated Publishers.
- Cooper, Peter J. (1993). Bulimia Nervosa and Binge Eating: A Guide to Recovery. New York: New York University Press.
- Hall, Lindsey and Cohn, Leigh. (1998). Bulimia: A Guide to Recovery (5th Edition). Gurze.

Compulsive Eating

- Fairburn, Christopher. (1995). Overcoming Binge Eating. Guilford Press.
- Hirschmann, Jane R. (1988). Overcoming Overeating. New York: Fawcett Crest.
- Johnston, Anita A. (1996). Eating in the Light of the Moon: How Women Can Let Go of Compulsive Eating Through Metaphor and Storytelling. Birch Lane Press.
- Roth, Geneen. (1997). Appetites: On the Search for True Nourishment. Plume.
- Roth, Geneen. (1993). Breaking Free from Compulsive Eating (Revised ed.). Plume.
- Roth, Geneen. (1993). Feeding the Hungry Heart: The Experience of Compulsive Eating (Revised ed.). Plume.
- Roth, Geneen. (1993). When Food Is Love: Exploring the Relationship between Eating and Intimacy. Plume.
- Roth, Geneen. (1993). Why Weight? A Guide to Ending Compulsive Eating (Revised ed.). Plume.

Body Image

- Cash, Thomas F. (1997). The Body Image Workbook: An 8-Step Program for Learning to Like Your Looks. New Harbinger Press.
- Dixon, Monica A. (1996). Love the Body You Were Born With: A Ten-Step Workbook for Women. Berkley Publishing Group.
- Erdman, Cheri K. (1997). Live Large! Ideas, Affirmations, and Actions for Sane Living in a Larger Body. Harper San Francisco.
- Foreyt, John P. and Goodrick, G. Ken. (1994). Living Without Dieting. Warner Books.
- Freedman, Rita. (1990). Body Love: Learning to Like Our Looks and Ourselves.
- Hirschmann, Jane R. and Munter, Carol R. (1995). When Women Stop Hating Their Bodies. New York: Fawcett.
- Hutchinson, Marcia Germaine. (1988). Transforming Body Image. Crossing Press.
- Johnston, Joni E. (1994). Appearance Obsession: Learning to Love the Way You Look. Health Communications.
- Newman, Leslea. (1992). SomeBody to Love: A Guide to Loving the Body You Have. Third Side Press.
- Rodin, Judith. (1992). Body Traps: Breaking the Binds That Keep You from Feeling Good about Your Body.
- Sward, Sharon Norfleet. (1998). You Are More Than What You Weigh. Wholesome Publishers.

Diversity Issues

- Atkins, Dawn. (1998). Looking Queer: Body Image and Identity in Lesbian, Bisexual, Gay, and Transgender Communities. The Haworth Press.
- Edut, Ophira and Walker, Rebecca (Eds.). (1998). Adios, Barbie: Young Women Write About Body Image, Ethnicity, and Identity. Seal Press.
- Thompson, Becky W. (1994). A Hunger So Wide and So Deep: American Women Speak Out on Eating Problems. Minneapolis: University of Minnesota Press.

Men

- Anderson, Arnold; Cohn, Leigh; and Holbrook, Thomas (2000). Making Weight: Men's Conflict with Food, Weight, Shape, and Appearance. Gurze
- Krasnow, Michael. (1996). My Life as a Male Anorexic. The Haworth Press.

Athletes

- O'Brien, Eileen. (1998). Starving to Win: Athletes and Eating Disorders. Rosen Publishing Group.

Self-Care

- Boston Women's Health Book Collective. (1998). Our Bodies, Ourselves for the New Century. Touchstone Books.
- Davis, Martha; Eshelman, Elizabeth Robbins; and McKay, Matthew. (1995). The Relaxation and Stress Reduction Workbook (Fourth Edition). Oakland: New Harbinger Publications.
- Delgado, Jane L. (1997). Salud! Guia Integral Para La Mujer Latina - Cuerpo, Mente Y Espiritu (Salud! A Latina's Guide to Total Health- Body, Mind, and Spirit). HarperPerennial.
- Hall, Lindsey and Cohn, Leigh. (1991). Self-Esteem: Tools for Recovery. Gurze.
- Katherine, Anna. (1998). Boundaries: Where You End and I Begin. Fine Communications.
- McKay, Matthew and Fanning, Patrick. (1994). Self-Esteem (Second Edition). St. Martin's Press.
- Villarosa, Linda (Ed.). (1994). Body and Soul: The Black Women's Guide to Physical Health and Emotional Well-Being. HarperPerennial.
- White, Evelyn. (1994). The Black Women's Health Book: Speaking For Ourselves. Seal Press.
- White, Jocelyn and Martinez, Marissa (Eds.). (1997). The Lesbian Health Book: Caring for Ourselves. Seal Press.

They also explained that controlling the times when the subjects eat can help correct obesity and other metabolic problems often observed in these mice. Surprisingly, the calorie intake of the different mice groups was the same even if some of them were fed an unhealthy diet. The study findings point to a newly discovered connection between [the] disruption of the clock and eating behavior. How can we identify and manage common digestive problems? Dr Ling Khoon Lin, gastroenterologist at Mount Elizabeth Hospital, tells us. These include quitting smoking, reducing alcohol and caffeine consumption, eating less fat, and losing weight. In persistent cases, if antacids and anti-reflux medication don't work, surgery can be a last resort. Irritable bowel syndrome. Irritable bowel syndrome (IBS) is part of a group of gastrointestinal disorders known as functional bowel disorders. It is a common problem affecting 10 to 20% of Singapore's population. Patients with IBS have abdominal discomfort or pain that is associated with either diarrhoea or constipation, and the discomfort is usually relieved after bowel movements. When a medical condition creates problems with chewing or swallowing, the simple act of eating can become anything but. Pain in the mouth, stiffness or discomfort in the jaw muscles, or problems with your teeth can make it tough to chew solid foods. A condition called dysphagia can create a delay in the swallowing process in either your throat or what's known as the pharynx (the digestive tube between the esophagus and mouth) that might also make it hard for you to swallow without coughing or choking. Try these six tips to make sure that what you eat gets where it's going without problems along the way. 1. Tweak the 3 Ts. They are tastes, temperature, and textures. When you vary these in your diet, it helps keep the mouth awake and on task, Hedman says. Eating disorders start with eating problems. Eating problems might revolve around food, the body or weight. Learn more about eating problems. Below are described common eating problems and ways to tell if you or someone you love has an eating problem. Ask yourself if any of these issues bother you or interfere with your life (happiness, job, school, relationships, etc.). An Unhealthy Relationship with Food is an Eating Problem. The most common eating problem is an unhealthy relationship with food. Food is supposed to nourish our bodies and be only one element of our lives. When eating becomes a source of guilt, shame or fear, this relationship has become an eating problem and is unhealthy. We need food to live, but obsessing over food is not good. Eating problems are common and they affect people with any body shape or lifestyle. Singers Demi Lovato and Zayn Malik have both spoken openly about having eating disorders and what they did to get better. They might suggest talking therapies that you and your family can try, to help you figure out and deal with the issues that have triggered your eating problem. They may also want to measure your weight to assess your BMI (Body Mass Index) it's ok to be nervous about this, but just remember they don't want to judge you, they only want to help. To continue reading Rebecca's story, visit Recovering from anorexia: Rebecca's mental health journey. For more advice on dealing with eating problems, have a look at our blogs