PRINT SELF-HELP RESOURCES FOR WEIGHT/SHAPE & EATING/DIETING CONCERNS

- Health At Every Size: The Surprising Truth About Your Weight. 2nd Ed. Bacon L. Benbella Books 2010
- Intuitive Eating: A Revolutionary Program that Works. 2nd Ed. Trimbole & Resch St martin’s Griffin 2010
- Overcoming overeating: how to break the diet / binge cycle and live a healthier, more satisfying life. Munter & Hirschmann. OO Publishing 2008

PRINT SELF-HELP RESOURCES FOR EATING DISORDERS

EVALUATED RESOURCES

OTHER WORKBOOKS DEVELOPED FROM EVIDENCE BASED OR EMERGING HELPFUL APPROACHES