

UM Student Counseling Center Collection HS/HSL Library

Disordered Eating

- 1 Goodbye ed, hello me : recover from your eating disorder and fall in love with life / Jenni Schaefer.
author Schaefer, Jenni.
published 2009
format Book
subject Schaefer, Jenni -- Health.
Eating disorders -- Patients -- Biography.
More--see [full record](#)
location [Health Sciences\(1/ 0\)](#)

- 2 The food & feelings workbook : a full course meal on emotional health / Karen R. Koenig.
author Koenig, Karen R., 1947-
published 2007
format Book
subject Eating disorders -- Prevention.
Food -- Psychological aspects.
Food habits -- Psychological aspects.
location [Health Sciences\(1/ 0\)](#)
internet link <http://catdir.loc.gov/catdir/toc/ecip076/2006100432.html>

- 3 The appetite awareness workbook : how to listen to your body & overcome bingeing, overeating, & obsession with food / Linda W. Craighead.
author Craighead, Linda W.
series A New Harbinger self-help workbook
published 2006
format Book
subject Compulsive eating -- Popular works.
Appetite disorders -- Popular works.
More--see [full record](#)
location [Health Sciences\(1/ 0\)](#)
internet link <http://catdir.loc.gov/catdir/toc/ecip061/2005029562.html>

- 4 Life without Ed : how one woman declared independence from her eating disorder and how you can too / Jenni Schaefer with Thom Rutledge.
author Schaefer, Jenni.
published 2004
format Book
subject Schaefer, Jenni -- Health.
Eating disorders -- Patients -- Biography.
More--see [full record](#)
location [Health Sciences\(1/ 0\)](#)
internet link <http://catdir.loc.gov/catdir/bios/mh042/2003015118.html>
<http://catdir.loc.gov/catdir/description/mh041/2003015118.html>
<http://catdir.loc.gov/catdir/toc/ecip046/2003015118.html>

- 5 When women stop hating their bodies : freeing yourself from food and weight obsession / Jane R. Hirschmann and Carol H. Munter.
- author** Hirschmann, Jane R., 1946-
edition 1st Ballantine books trade ed.
published 1997
format Book
subject Compulsive eating -- Treatment.
Weight loss -- Psychological aspects.
More--see [full record](#)
location [Health Sciences\(1/ 0\)](#)
- 6 Surviving an eating disorder : strategies for family and friends / Michele Siegel, Judith Brisman, Margot Weinschel.
- author** Siegel, Michele.
edition Rev. and updated.
published 1997
format Book
subject Eating disorders -- Patients -- Family relationships.
Eating Disorders.
Family.
location [Health Sciences\(1/ 0\)](#)
internet link <http://catdir.loc.gov/catdir/description/hc041/96036384.html>
- 7 You mean I don't have to feel this way? : new help for depression, anxiety, and addiction / Colette Dowling ; with a foreword by Harrison G. Pope, Jr., and James I. Hudson.
- author** Dowling, Colette.
published 1993
format Book
subject Depression, Mental -- Chemotherapy.
Anxiety -- Chemotherapy.
More--see [full record](#)
location [Health Sciences\(2/ 0\)](#)
internet link <http://catdir.loc.gov/catdir/description/random041/92046657.html>
- 8 Full lives : women who have freed themselves from food & weight obsession / [edited by] Lindsey Hall.
- author** Hall, Lindsey, 1949-
edition 1st ed.
published 1993
format Book
subject Eating disorders.
Women -- Mental health.
Eating disorders -- Patients -- United States -- Biography.
location [Health Sciences\(1/ 0\)](#)

9 Breaking free from compulsive eating / by Geneen Roth.

author Roth, Geneen.
published 1993
format Book
subject Compulsive eating.
Food habits.
More--see [full record](#)
location [Health Sciences\(1/ 0\)](#)

10 The recovery book / Al J. Mooney, Arlene Eisenberg, Howard Eisenberg ; with a foreword by Stanley E. Gitlow.

author Mooney, Al J.
published 1992
format Book
subject Alcoholics -- Rehabilitation -- Handbooks, manuals, etc.
Drug addicts -- Rehabilitation -- Handbooks, manuals, etc.
More--see [full record](#)
location [Health Sciences\(1/ 0\)](#)
internet link <http://catdir.loc.gov/catdir/enhancements/fy0714/92050284-d.html>
<http://catdir.loc.gov/catdir/enhancements/fy0714/92050284-t.html>