Lending Library

Weight Management

**Dieting For Dummies: A Reference for the Rest of Us**, Jane Kirby RD, The American Dietetic Association
In this book you will learn to develop an effective weight-loss strategy, eat healthfully at home and in restaurants, cope with cravings and setbacks, evaluate diet programs and medications, know the latest surgical options.

**Food for Life: How the New Four Food Groups Can Save Your Life**, Neal Barneard, MD, and Jennifer Raymond
In a series of clinical investigations, the Preventive Medicine Research Institute have conducted research which demonstrates that even secure coronary heart disease often can be to reversed, without cholesterol-lowering drugs or surgery.

**Guide to Healthy Restaurant Eating**, Hope S. Warshaw, MMSc, RD, CDE
The best restaurant guide around for people with diabetes. One book with all the facts you need to eat out and choose your meals intelligently whether you’re enjoying burgers, pizza, bagels, pasta, or burritos.

**The Healthy Heart Walking Book** American Heart Association
Regardless of your level of fitness, you can improve your cardiovascular health, weight control, stress management, and overall well-being through a simple walking program.

**The Metabolic Syndrome Program: How to Lose Weight, Beat Heart Disease, Stop Insulin Resistance and More** Karlene Karst, RD
Big Belly? High Body Mass Index? High Blood Pressure? If this sounds like you, you may be one of the millions of Americans with Metabolic Syndrome.

**No-Diet Obesity Solution for Kids** Miriam B. Vos, MD, MSPH
This book has answers for your questions and success stories to share, plus more that 60 kid-friendly recipes, many contributed by professional chefs concerned about the childhood obesity epidemic.

**The Portion Teller; Smartszie Your Way to Permanent Weight Loss**, Lisa R. Young, PhD, RD
A baseball of cereal, a golf ball of jelly beans, 8 dice of cheese, a yo-yo-sized bagel, a computer mouse-sized potato, a deck of cards-sized steak, a tennis ball of pretzels... HOW MUCH ARE YOU REALLY EATING? More than you think, especially if you think these serving seem small.

**Shrink Yourself: Break Free from Emotional Eating FOREVER!**, Roger Gould, MD
Emotional eating is by far the most common cause of weight gain, and all the diets, exercise regimens and surgical procedures in the world will not free you from the problem. Why? Because they don't address your reasons for overeating. In Shrink Yourself, renowned psychiatrist and emotional eating expert Dr. Roger Gould offers the first step-by-step analysis of the connection between eating and emotion and keep them off for good.

Borrow for up to 3 weeks by sending an email with book title and interoffice mail location to 411-HealthPromotion.

EAT HEALTHY BE ACTIVE LIVE WELL
The Stress Eating Cure: Lose Weight with the No-Willpower Solution to Stress-Hunger and Cravings, Dr. Rachael F. Heller and Dr. Richard F. Heller
Enjoy the foods you love every day, without any weighing or measuring. When the hormonal cause of your stress-eating is eliminated, stress-hunger and cravings disappear and your weight begins to drop. When the cravings and hunger disappear, weight loss follows.

Stress, Weight Control and Emotional Eating, David Katz, MD, MPH
Over eating can cause you to feel stressed and stress causes you to overeat. Follow four people as they learn strategies for overcoming emotional eating.

Trim Kids, Melinda S. Sothern, PhD, Ed, CEP, et al.
The proven 12-week plan that has helped thousands of children achieve a healthier weight. Scientifically tested, includes shopping lists, meal plans, and kit tested recipes. Strategies that really work to end power struggles over food. Exercise activities designed with kids in mind.

Weight Loss, (DVD) Mayo Clinic and GAIAM
Wellness experts team up to bring you this groundbreaking, integrated health action plan designed specifically to help you lose weight. Changing the way you live can change the way you feel.

When Food is Love, Geneen Roth
How dieting and emotional eating often become a substitute for intimacy. Drawing on her own painful personal experiences the author examines the crucial issue that surround emotional eating, need for control, dependency on melodrama desire for what is forbidden and belief that one wrong move can mean catastrophe.

Your Child’s Weight, Helping Without Harming; Birth Through Adolescence, Ellyn Satter, MS, RD, LCSW, BCD
Combining scientific research with inspiring anecdotes from her decades of clinical practice, author challenges the conventional belief that parents must get overweight children to eat less and exercise more. Satter provides compelling evidence that, if parents do their jobs with respect to feeding, children are remarkably capable of knowing how much to eat.