

## Web Sites

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### Binge Eating

[www.womenshealth.gov/mental-health/illnesses/binge-eating-disorder.html](http://www.womenshealth.gov/mental-health/illnesses/binge-eating-disorder.html)

### Eating Disorders

(MedlinePlus)

<https://medlineplus.gov/eatingdisorders.html>

### Eating Disorders

(KidsHealth)

<https://kidshealth.org/en/parents/eating-disorders.html?ref=search>

### National Eating Disorders Association

[www.nationaleatingdisorders.org](http://www.nationaleatingdisorders.org)

## Library Materials

- Renew for 4 weeks, unless needed by another library user
- Receive information by e-mail or mail
- At no cost to you

## Contact Us

Call (608) 775-5995 or  
(800) 362-9567, ext. 55995

Visit us online at  
[gundersenhealth.org/libraries](http://gundersenhealth.org/libraries)

Email:

[mooneylibrary@gundersenhealth.org](mailto:mooneylibrary@gundersenhealth.org)

John & Nettie Mooney Library –  
La Crosse, Level 1, Lobby

John & Nettie Mooney Library – East,  
With the Stanek Cancer Library  
Level 2, East Building

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# Eating Disorders Resources

## John & Nettie Mooney Libraries

Gundersen Lutheran Medical Center, Inc.  
Gundersen Clinic, Ltd.  
Gundersen Boscobel Area Hospital and Clinics  
Gundersen Moundview Hospital and Clinics  
Gundersen Palmer Lutheran Hospital and Clinics  
Gundersen St. Joseph's Hospital and Clinics  
Gundersen Tri-County Hospital and Clinics

**GUNDERSEN**  
HEALTH SYSTEM®

## Books

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### Eating disorders materials have call numbers from CB 800 to CB 839.

50 ways to soothe yourself without food / Susan Albers. (2009)

50 more ways to soothe yourself without food: mindfulness strategies to cope with stress and end emotional eating / Susan Abers. (2015)

Breaking free from emotional eating / Geneen Roth. (2003)

Bulimia: a guide to recovery / Lindsey Hall (1999)

Crave: why you binge eat and how to stop / Cynthia Bulik. (2009)

Dying to please: anorexia, treatment and recovery / Avis Rumney (2009)

Eat well, stay nourished: a recipe and resource guide for coping with eating challenges (2013)

Eating mindfully: how to end mindless eating & enjoy a balanced relationship with food / Susan Albers. (2012)

Help your teenager beat an eating disorder / James Lock. (2015)

Intuitive eating: a revolutionary program that works / Evelyn Tribole. (2012)

Midlife eating disorders: your journey to recovery / Cynthia Bulik. (2013)

Mindful eating: a guide to rediscovering a healthy and joyful relationship with food / Jan Chozen Bays. (2009)

Overcoming binge eating: the proven program to learn why you binge and how you can stop / Christopher Fairburn. (2013)

Regaining your self: breaking free from the eating disorder identity: a bold new approach / Ira Sacker. (2007)

The rules of "normal" eating: a commonsense approach for dieters, overeaters, undereaters, emotional eaters, and everyone in between / Karen R. Koenig (2005)

Running in silence: my drive for perfection and the eating disorder that fed it / Rachel Rose Steil (2016)

Surviving an eating disorder : strategies for families and friends / Michele Siegel (2009)