

## Further Reading

**Eating Mindfully: How to End Mindless Eating  
and Enjoy a Balanced Relationship With Food**

by Susan Albers  
New Harbinger Publications, Inc.  
Oakland, CA  
c 2003

**Art of the Inner Meal: The Power of Mindful Practices to Heal Our Food Cravings**

by Donald Altman  
New York, NY: HarperCollins Publishers  
c 1999

**Underage and Overweight: America's Childhood Obesity Epidemic –  
What Every Parent Should Know**

by Francis Berg  
Lake Dallas, Texas: Helm Publishing  
c 2003

**Food Fight: The Inside Story of the Food Industry, America's Obesity Crisis,  
and What We Can Do About It**

by Kelly D. Brownell and Katherine Battle Horgen  
New York, NY: The McGraw-Hill Companies  
c 2004

**The Zen of Eating: Ancient Answers to Modern Weight Problems**

by Ronna Kabatznick  
New York, NY: The Berkeley Publishing Group: A Division of Penguin Putnam, Inc.  
c 1998

**Real Kids Come in All Sizes: Ten Essential Lessons to Build  
Your Child's Body Self Esteem**

by Kathy Krater  
New York, NY: Broadway Books: A division of Random House  
c 2004

**Fed Up!: Winning the War Against Childhood Obesity**

by Susan Okie  
Washington, D.C.: The Joseph Henry Press  
c 2005

**Rescuing the Emotional Lives of Overweight Children:  
What Our Kids Go Through – and How We Can Help**

by Sylvia Rimm  
New York, NY: Rodale Press, Inc.  
c 2004

**Secrets of Feeding a Healthy Family**

by Ellyn Satter  
Madison, WI: Kelcy Press  
c 1999

**Life Without Ed: How One Woman Declared Independence from her Eating  
Disorder and How You Can Too**

by Jenni Schaefer with Thom Rutledge  
New York, NY: The McGraw-Hill Companies  
c 2004

**Understanding Childhood Obesity**

by J. Clinton Smith

Jackson, MS: University Press of Mississippi

c 1999