



CSHP Health Management BOOKSHELF READING LIST

TITLE	AUTHOR
Eating for Life	Bill Phillips
Body for Life	Bill Phillips
Law of Attraction	Michael Losier
Intuitive Eating	Evelyn Tribole, MS, RD
Eating on the Run	Evelyn Tribole, MS, RD
What You Feel, You Can Heal	John Gray, Ph.D.
When Food is Love	Geneen Roth
Why Weight?	Geneen Roth
When You Eat at the Refrigerator, Pull Up a Chair	Geneen Roth
Thin for Life	Anne Fletcher, MS, RD
Eat What You Love, Love What You Eat: How to break your eat-repent- repeat cycle	Michelle May, M.D.
Mindless Eating	Brian Wansink, Ph.D.
Weight, Sex, and Marriage	Richard B. Stuart and Barbara Jacobson
Serving Fire: Food for Thought, Body, and Soul	Anne Scott
Eat Q	Susan Albers
Healing the Hungry Self: The Diet- Free	Deirdra Price, Ph.D.
Thin for Life	Anne Fletcher