

Food Addiction Books

Food Junkies: Recovery from Food Addiction, by Vera Tarman ***

Weight Loss Surgery Does Not Treat Food Addiction, by Connie Stapleton ***

Why Diets Fail (because you're addicted to sugar), by Nicole Avena & John Talbott ***

Bariatric Surgery & Food Addiction, by Philip Werdell *** (written for the clinician, but I found it valuable)

The Success Habits of Weight Loss Surgery Patients, by Colleen Cook ***

How Weight Loss Surgery Really Works, by Matthew Weiner **

Weight Loss Surgery for Dummies, By Marina Kurian, Barbara Thompson, Brian Davidson **

A Pound of Cure, by Matthew Weiner (Focus on plant-based eating, not as restrictive as Bright Line Eating)

Bright Line Eating, by Susan Peirce Thompson (similar to Kaye Shepard's food plan without the 12-step program)

Never Binge Again, by Glenn Livingston (I'm not a binger)

Food Addiction: The Body Knows, by Kay Sheppard (12-step, Focus on binging)

From The First Bite: A Complete Guide to Recovery, by Kay Sheppard (12-step, Focus on binging)

Lick the Sugar Habit, by Nancy Appleton (A bit outdated)

