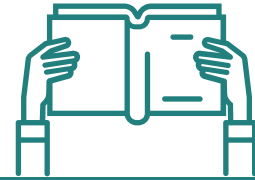


# Sugar-Free for Life: I'm Sweet Enough *Book Resources*



This list has been assembled to showcase educational reading materials related to sugar & food addiction (including the physical, mental, and emotional impact of harmful use,) as well as provide recovery tools.

This is not intended to be medical advice, nor does this group condone or condemn any specific method or theory shared.

Our relationship with food and sugar exists on a spectrum, so please “take what you need and leave the rest.”

While we do advocate for whole foods, these resources were compiled to inform, educate, provoke, inspire, and offer support for a healthy lifestyle while on your own personal recovery journey and/or toward a sugar-free/processed food free life!

Several of the works below have helped guide many individuals to a life in recovery and we suggest you choose what resonates with you personally.

Remember that you are not alone and there is always hope!

*Books are listed alphabetically by title using the following color-coded general topic/categories as a reference guide:*

- RED:** Food/Sugar Addiction, Eating Disorders, Recovery Related
- BLACK:** Medical Science/Health & Dietary Protocols/Industry Research
- BLUE:** Psychology/Counseling/Personal Growth
- GREEN:** Cookbooks/Recipes
- \*** Expert/Recommended Authors for Food Addiction

Note: Publication dates may vary based on book format and edition.

*Compiled by Mindy Goldberg for the I'm Sweet Enough: Sugar Free for Life Face Book Group*

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**(with Vera Tarman, MD)**  
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Book Title	*Author	Publication Date
A New Beginning: Stories of Recovery from Relapse	Overeaters Anonymous *	2018
A Pathway to Emotional Sobriety and How to Get It: The Life Changing Magic of Feeling the Moment and Being Yourself	Craig Hutson	2021
Absolutely Abstinent: Recipes for Recovery	Kay Sheppard *	2016
Abstinence, 2nd Edition: Members of Overeaters Anonymous Share Their Experience, Strength and Hope	Overeaters Anonymous *	2013
Addictive Thinking: Understanding Self-Deception	Abraham Twerski, MD	1997
An Altered Spirit: The Twelve Steps and Ebenezer Scrooge	Anna Fruehling	2021
Anatomy of a Food Addiction: The Brain Chemistry of Overeating	Anne Katherine M.A.	2021
Anxiety-Free with Food: Natural, Science-Backed Strategies to Relieve Stress and Support Your Mental Health	Liana Werner-Gray	2014
Atomic Habits: An Easy & Proven Way to Build Good Habits & Break Bad Ones	James Clear	2018
Beating Sugar Addiction For Dummies	Dan DeFigio	2013
Becoming Sugar-Free: How to Break Up with Inflammatory Sugars and Embrace a Naturally Sweet Life	Julie Daniluk	2021

Befriending Your Body: A Self-Compassionate Approach to Freeing Yourself from Disordered Eating	Ann Saffi Biasseti, PhD	2018
Beyond the Emptiness: How I Found Fullness Outside of Food	Rouba Chalabi	2020
Binge Crazy: A Psychotherapist's Memoir of Food Addiction, Mental Illness, Obesity and Recovery	Natalie Gold	2018
Brain Energy: A Revolutionary Breakthrough in Understanding Mental Health—and Improving Treatment for Anxiety, Depression, OCD, PTSD, and More	Christopher Palmer, MD *	2022
Brain Over Binge: Why I Was Bulimic, Why Conventional Therapy Didn't Work, and How I Recovered for Good	Kathryn Hansen	2014
Brain Wash: Detox Your Mind for Clearer Thinking, Deeper Relationships, and Lasting Happiness	David Perlmutter, MD Austin Perlmutter, MD	2020
Breaking Free from Emotional Eating	Geneen Roth	2003
Breaking the Food Seduction: The Hidden Reasons Behind Food Cravings--And 7 Steps to End Them Naturally	Neal Barnard, MD *	2004
Breaking the Stronghold of Food: How We Conquered Food Addictions and Discovered a New Way of Living	Michael L. Brown, PhD	2017
Breaking Up with Sugar: Divorce the Diets, Drop the Pounds, and Live Your Best Life	Molly Carmel *	2019
Bright Line Eating: The Science of Living Happy, Thin and Free	Susan Peirce Thompson, PhD *	2017
Busy, Stressed, and Food Obsessed!: Calm Down, Ditch Your Inner-Critic Bitch, and Finally Figure Out What Your Body Needs to Thrive	Lisa Lewtan	2015

Change Your Brain, Change Your Life (Revised and Expanded): The Breakthrough Program for Conquering Anxiety, Depression, Obsessiveness, Lack of Focus, Anger, and Memory Problems	Daniel Amen, MD	2015
Chasing Cupcakes: How One Broke, Fat Girl Transformed Her Life (and How You Can, Too)	Elizabeth Benton	2019
Codependent No More: How to Stop Controlling Others and Start Caring for Yourself	Melody Beattie	1986
Conquer Worry and Anxiety: The Secret to Mastering Your Mind	Daniel Amen, MD	2020
Conquering Shame and Codependency: 8 Steps to Freeing the True You	Darlene Lancer	2014
Constant Cravings - What Your Food Cravings Mean and How to Overcome Them	Doreen Virtue	2011
Cravings: How I Conquered Food	Judy Collins *	2018
Diet for a New America: 25th Anniversary Edition: How Your Food Choices Affect Your Health, Happiness and the Future of Life on Earth	John Robbins	2012
Discover The Power Of Food	Janet Jacks	2014
Dopamine Nation: Finding Balance in the Age of Indulgence	Anna Lembke, MD *	2021
Eat Fat, Get Thin: Why the Fat We Eat Is the Key to Sustained Weight Loss and Vibrant Health	Mark Hyman, MD	2016
Eat for Life: The Breakthrough Nutrient-Rich Program for Longevity, Disease Reversal, and Sustained Weight Loss	Joel Fuhrman, MD	2020
Eat Happy: Gluten Free, Grain Free, Low Carb Recipes For A Joyful Life	Anna Vocino	2016

Eat Smarter: Use the Power of Food to Reboot Your Metabolism, Upgrade Your Brain, and Transform Your Life	Shawn Stevenson	2020
Eat to Beat Disease: The New Science of How Your Body Can Heal Itself	William Li, MD	2019
Eat to Beat Your Diet: Burn Fat, Heal Your Metabolism, and Live Longer	William Li, MD	2023
Eat to Live: The Revolutionary Formula for Fast and Sustained Weight Loss	Joel Fuhrman, MD	2011
Eating Disorders, Overeating, and Pathological Attachment to Food: Independent or Addictive Disorders?	Mark Gold *	N/A
End Your Carb Confusion	Eric Westman, MD Amy Berger	2020
Escape the Diet Trap	John Briffa, MD	2012
Fast Food Genocide: How Processed Food Is Killing Us and What We Can Do About It	Joel Fuhrman, MD	2017
Fat Boy, Thin Man	Michael Prager	2010
Fat Chance: Beating the Odds Against Sugar, Processed Food, Obesity, and Disease	Robert Lustig, MD *	2012
Fat for Fuel: A Revolutionary Diet to Combat Cancer, Boost Brain Power, and Increase Your Energy	Joseph Mercola, DO	2017
Fat Is a Family Affair: How Food Obsessions Affect Relationships	Judi Hollis, PhD	2003
Feed Your Brain and Control Your Appetite Revised Edition: Turn Your Eating Switch Off	Jack Hathcoat	2017 (Kindle)

Feeding the Hungry Heart: The Experience of Compulsive Eating	Geneen Roth	1993
Fiber Fueled: The Plant-Based Gut Health Program for Losing Weight, Restoring Your Health, and Optimizing Your Microbiome	Will Bulsiewicz	2020
Food Addiction: The Body Knows (Revised & Expanded Edition)	Kay Sheppard *	2010
Food Addicts in Recovery Anonymous	Food Addicts in Recovery Anonymous *	2013
Food and Addiction: A Comprehensive Handbook	Kelly D. Brownell * Mark S. Gold	N/A
Food Junkies: Recovery from Food Addiction	Vera Tarman, MD *	2019 (Second Edition)
Food Plans for Food Addiction Recovery: A Physical and Spiritual Tool	Phil Werdell * Mary Foushi	2015 (Kindle)
Food Triggers: End Your Cravings, Eat Well and Live Better	Rhona Epstein, PsyD	2013
Food: What the Heck Should I Eat?	Mark Hyman, MD	2018
For Today	Overeaters Anonymous	1982
Fork in the Road: A Hopeful Guide to Food Freedom	Jen Unwin, PsyD *	2021
From the First Bite: A Complete Guide to Recovery from Food Addiction	Kay Sheppard *	2000
Genius Foods: Become Smarter, Happier, and More Productive While Protecting Your Brain for Life	Max Lugavere	2018

Get Off Your Sugar: Burn the Fat, Crush Your Cravings, and Go From Stress Eating to Strength	Dr. Daryl Gioffre	2021
Glucose Revolution: The Life-Changing Power of Balancing Your Blood Sugar	Jessie Inchauspe	2022
Good Calories, Bad Calories: Fats, Carbs, and the Controversial Science of Diet and Health	Gary Taubes *	2008
Good Sugar Bad Sugar	Allen Carr	2016 2018
Grain Brain: The Surprising Truth About Wheat, Carbs, and Sugar - Your Brain's Silent Killers	David Perlmutter, MD	2013
Heal Your Hunger: 7 Simple Steps to End Emotional Eating Now	Tricia Nelson	2017
Healing the Shame That Binds You	John Bradshaw	2005
Hedonic Eating: How the Pleasure of Food Affects Our Brains and Behavior	Nicole Avena, PhD *	2015
Hooked: Food, Free Will, and How the Food Giants Exploit Our Addictions	Michael Moss *	2021
How Emotions Are Made: The Secret Life of the Brain	Lisa Barrett	2017
How Not to Die: Discover the Foods Scientifically Proven to Prevent and Reverse Disease	Michael Greger, MD	2015
Hungry: Lessons Learned on the Journey from Fat to Thin	Allen Zadoff	2017
I Can't Stop Eating: How To Break Free From The Cycle Of Bingeing	Sarah Dosanjh	2020

In Defense of Food: An Eater's Manifesto	Michael Pollan	2009
<a href="#">In the Realm of Hungry Ghosts: Close Encounters with Addiction</a>	Gabor Maté, MD	2010
It Starts with Food: Discover the Whole30 and Change Your Life in Unexpected Ways	Dallas Hartwig Melissa Hartwig	2014
Keto Flex: The 4 Secrets to Reduce Inflammation, Burn Fat & Reboot Your Metabolism	Ben Azadi	2021
<a href="#">Ketotarian: The (Mostly) Plant-Based Plan to Burn Fat, Boost Your Energy, Crush Your Cravings, and Calm Inflammation: A Cookbook</a>	Will Cole, DC	2018
Lab to Table: Stop Being a Lab Rat. Start Making Better Choices for Your Table	Cyndi O'Meara	2020
<a href="#">Lick the Sugar Habit</a>	Nancy Appleton, PhD *	1988
Lies My Doctor Told Me: Medical Myths That Can Harm Your Health	Ken Berry, MD	2019
<a href="#">Life Without Ed: How One Woman Declared Independence from Her Eating Disorder and How You Can Too</a>	Jenni Schaefer	2013
<a href="#">Limitless: Upgrade Your Brain, Learn Anything Faster, and Unlock Your Exceptional Life</a>	Jim Kwik	2020
<a href="#">Living Abstinent: GreySheeters Anonymous Members Share Strategies for Navigating Life in Abstinence</a>	GreySheeters Anonymous *	2021
Living Low Carb: Revised & Updated Edition: The Essential Guide to Choosing the Right Low-Carb Plan for You	Jonny Bowden, PhD	2020
<a href="#">Locked Up for Eating Too Much: The Diary of a Food Addict in Rehab</a>	Debbie Danowski, PhD *	2002



Losing Weight is an Inside Job	Katy Landis	2023
Love Hunger	Dr. Frank Minirth (et al)	2004
Loving What Is, Revised Edition: Four Questions That Can Change Your Life	Byron Katie	2021
Many Roads One Journey: Moving Beyond the 12 Steps	Charlotte Davis Kasl, PhD	1992
Metaboficial: The Lure and the Lies of Processed Food, Nutrition, and Modern Medicine	Robert Lustig, MD *	2021
Mindless Eating: Why We Eat More Than We Think	Brian Wansink	2007
Mindset: The New Psychology of Success	Carol Dweck, PhD	2006
Mother Hunger: How Adult Daughters Can Understand and Heal from Lost Nurturance, Protection, and Guidance	Kelly McDaniel	2021
Naturally Keto: Over 125 Low-Carb, Sugar-Free & Allergy-Friendly Recipes the Whole Family Will Love	Brenda Bennett	2019
Nature Wants Us to Be Fat: The Surprising Science Behind Why We Gain Weight and How We Can Prevent - and Reverse - It	Richard J. Johnson, MD	2022
Never Binge Again: Reprogram Yourself to Think like a Permanently Thin Person (Stop Overeating and Binge Eating and Stick to the Food Plan of Your Choice)	Glenn Livingston, PhD	2015
New Atkins for a New You: The Ultimate Diet for Shedding Weight and Feeling Great.	Eric C. Westman, MD Stephen Phinney, MD Jeff Volek, PhD	2010
Never Enough: Three Pillars of Food Addiction Recovery	Sandra Elia	2023

No Grain, No Pain:A 30-Day Diet for Eliminating the Root Cause of Chronic Pain	Peter Osborne, DC	2016
Oh, So Sweet to Live Sugar Free: Five Success Strategies to Eliminate the Progression to Diabetes	Kathy "Sugar Free Girl" Williams	2019
Overcoming Sugar Addiction: How I Kicked My Sugar Habit and Created a Joyful Sugar Free Life	Karly Randolph Pitman	2013
Overeaters Anonymous Third Edition	Overeaters Anonymous *	2014
Potatoes Not Prozac: Revised and Updated: Simple Solutions for Sugar Addiction	Kathleen DesMaisons, PhD *	2021
Prevent And Reverse Heart Disease: The Revolutionary, Scientifically Proven, Nutrition-Based Cure	Caldwell B. Esselstyn Jr., MD	2008
Processed Food Addict: Is This Me? Why You Can't Stop Eating Junk Food and How to Permanently Break the Cycle of Yo-Yo Dieting, Bingeing, and Starving	Karren-Lee Raymond, PhD	2019
Processed Food Addiction: Foundations, Assessment, and Recovery	Joan Iffland, PhD *	2020
Pure, White, and Deadly: How Sugar is Killing Us and What We Can Do to Stop It	John Yudkin *	1986 and 2017
Rational Recovery: The New Cure for Substance Addiction	Jack Trimpey	1996
Real Food, Real Good: Eat Well With Over 100 of My Simple, Wholesome Recipes: A Cookbook	Michael Smith	2016
Real Food Rocks: Easy To Prepare Real Food Recipes For All The Family To Enjoy	Public Health Collaboration	2016
Recovery - the Sacred Art: The Twelve Steps as Spiritual Practice	Rami Shapiro	2009

Recovery Mind Training: A Neuroscientific Approach to Treating Addiction	Paul Earley, MD	2017
Recovery: Freedom From Our Addictions	Russell Brand	2017
Resilient: How to Grow an Unshakable Core of Calm, Strength, and Happiness	Rick Hanson, PhD	2018
REVERSIBLE: Abraham MD Protocol for sustained weight loss and reversal of Chronic Diseases	Mohammed Abraham, MD	2020
Salt Sugar Fat: How the Food Giants Hooked Us	Michael Moss *	2013
Saving Sara: A Memoir of Food Addiction	Sara Somers *	2020
Self-Compassion: The Proven Power of Being Kind to Yourself	Kristen Neff, PhD	2011
Self-Love Workbook for Women: Release Self-Doubt, Build Self-Compassion, and Embrace Who You Are	Megan Logan, MSW LCSW	2020
Shades of Hope: A Program to Stop Dieting and Start Living	Tennie McCarty	2012
Shift Happens: How to Live an Inspired Life	Robert Holden, PhD	2011
Shifting Gears: A Brain-Based Approach to Engaging Your Best Self	Robin Rose	2010
Staying Sober: A Guide for Relapse Prevention	Terence Gorski	1986
Stop Bingeing, Start Living: Proven Therapeutic Strategies for Breaking the Binge Eating Cycle	Shrein H. Bahrami	2018

Stronger Than Sugar: 7 Simple Steps To Defeat Sugar Addiction, Lift Your Mood And Transform Your Health	Joan Kent, PhD	2015
Sugar Bitch: How I Ditched the Sugar and Ate my Way out of Type 2 Diabetes and Obesity	Robert Royce Gale	2021
Sugar Blues	William Dufty *	1986
Sugar Crush: How to Reduce Inflammation, Reverse Nerve Damage, and Reclaim Good Health	Richard Jacoby, MD Raquel Baldelomar	2016
Sugar Free: 8 Weeks to Freedom from Sugar and Carb Addiction	Karen Thomson	2016
Sugar Impact Diet: Drop 7 Hidden Sugars, Lose Up t 10 Pounds in Just 2 Weeks	JJ Virgin	2014
Sugar-Free Kids	Maria Emmerich *	2021
Sugar-free Mom: Naturally Sweet and Sugar-free Recipes for the Whole Family	Brenda Bennett	2014
Sugarproof: The Hidden Dangers of Sugar That Are Putting Your Child's Health at Risk and What You Can Do	Michael Goran, PhD * Emily Ventura, PhD	2020
Sugars and Flours: How They Make us Crazy, Sick and Fat, and What to do About It	Joan Iland, PhD *	2003
Suicide by Sugar: A Startling Look at Our #1 National Addiction	Nancy Appleton, PhD *	2008
Taming the Feast Beast: How to Recognize the Voice of Fatness and End Your Struggle with Food Forevere	Jack Trimpey	1994
Taming Your Gremlin: A Surprisingly Simple Method for Getting Out of Your Own Way	Rick Carson	2003

Tasty Freedom Cookbook Breaking Up with Sugar & Flour Never Tasted So Good!	Laurie Louthain Lundgren	2022
The 12 Step Prayer Book: A Collection of Inspirational Daily Readings	Bill P. and Lisa D. Hazelden Meditations	2019
The Addictive Personality: Understanding the Addictive Process and Compulsive Behavior	Craig Nakken	2009
The Affliction of Addiction: It's Not That Complicated	Adam McArnold	2017
The Art and Science of Low Carbohydrate Living: An Expert Guide to Making the Life-Saving Benefits of Carbohydrate Restriction Sustainable and Enjoyable	Stephen Phinney, MD Jeff Volek, PhD	2011
The Better Brain: Overcome Anxiety, Combat Depression, and Reduce ADHD and Stress with Nutrition	Bonnie Kaplan, PhD Julia Rucklidge, PhD	2021
The Big Fat Surprise: Why Butter, Meat and Cheese Belong in a Healthy Diet	Nina Teicholz	2015
The Binge Cure: 7 Steps to Outsmart Emotional Eating	Nina Savelle-Rocklin, PsyD	2019
The Biology of Belief	Bruce Lipton, PhD	2010
The Blood Sugar Solution: The UltraHealthy Program for Losing Weight, Preventing Disease, and Feeling Great Now!	Mark Hyman, MD	2012
The Body Ecology Diet: Recovering Your Health and Rebuilding Your Immunity	Donna Gates	2011
The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma	Bessel A. van der Kolk, MD	2014
The Brain Warrior's Way Cookbook: Over 100 Recipes to Ignite Your Energy and Focus, Attack Illness and Aging, Transform Pain into Purpose	Tana Amen, RN Daniel Amen, MD	2016

The Carnivore Code: Unlocking the Secrets to Optimal Health by Returning to Our Ancestral Diet	Paul Saladino, MD	2020
The Carnivore Diet	Shawn Baker, MD	2019
The Case Against Sugar	Gary Taubes *	2016
The Case for Keto: Rethinking Weight Control and the Science and Practice of Low-Carb/High-Fat Eating	Gary Taubes *	2020
The Cheese Trap: How Breaking a Surprising Addiction Will Help You Lose Weight, Gain Energy, and Get Healthy	Neal Barnard, MD *	2017
The Code Red Revolution: How Thousands of People are Losing Weight and Keeping It Off WITHOUT Pills, Shakes, Diet Foods, or Exercise	Cristy Nickel	2017
The Compassionate Mind Workbook: A step-by-step guide to developing your compassionate self	Elaine Beaumont Chris Irons	2018
The Craving Cure: Identify Your Craving Type to Activate Your Natural Appetite Control	Julia Ross	2017
The Diet Cure: The 8-Step Program to Rebalance Your Body Chemistry and End Food Cravings, Weight Gain, and Mood Swings--Naturally	Julia Ross	2012
The Dorito Effect: The Surprising New Truth About Food and Flavor	Mark Schatzker *	2016
The Easy Way to Quit Sugar: The Illustrated Guide	Allen Carr	2017
The Emotion Code: How to Release Your Trapped Emotions for Abundant Health, Love, and Happiness (Updated and Expanded Edition)	Bradley Nelson, DC	2019
The Emotional Eater's Book of Inspiration: 90 Truths You Need to Know to Overcome Your Food Addiction	Debbie Danowski, PhD *	2009

The Emotional Eater's Repair Manual: A Practical Mind-Body-Spirit Guide for Putting an End to Overeating and Dieting	Julie Simon	2012
The End of Alzheimer's: The First Program to Prevent and Reverse Cognitive Decline	Dale Bredeesen, MD	2020
The End of Overeating: Taking Control of the Insatiable American Appetite	David Kessler, MD	2010
THE FIX for Cravings: One(s) that didn't work, and now one which WORKS	Cindy Myers-Morrison, EdD * Dave Wolfe, MS RD *	2020
The Food Addiction Recovery Workbook: How to Manage Cravings, Reduce Stress, and Stop Hating Your Body	Carolyn Coker Ross, MD	2017
The Food Matters Cookbook: A Simple Gluten-Free Guide to Transforming Your Health One Meal at a Time	James Colquhoun Laurentine Ten Bosch	2022
The Food Revolution: How Your Diet Can Save Your Life and Our World	John Robbins	2021
The Four Agreements: A Practical Guide to Personal Freedom	don Miguel Ruiz	2000
The Gifts of Imperfection: Let Go of Who You Think You're Supposed to Be and Embrace Who You Are	Brené Brown	2010
The Glucose Goddess Method: The 4-Week Guide to Cutting Cravings, Getting Your Energy Back, and Feeling Amazing	Jessie Inchauspe	2023
The Grain Brain Cookbook: More Than 150 Life-Changing Gluten-Free Recipes to Transform Your Health	David Perlmutter, MD	2016
The Hacking of the American Mind: The Science Behind the Corporate Takeover of Our Bodies and Brains	Robert Lustig, MD *	2017
The Hunger Fix: The Three-Stage Detox and Recovery Plan for Overeating and Food Addiction	Pam Peeke, MD	2013

The Language of Letting Go	Melody Beattie	1996
The Last Resort Sugar Detox Guide: Learn How to Quickly and Easily Detox from Sugar and Stop Cravings Completely	Michael Collins *	2018
The Mindful Self-Compassion Workbook: A Proven Way to Accept Yourself, Build Inner Strength, and Thrive	Kristin Neff, PhD Christopher Germer, PhD	2018
The Mindfulness Workbook for Addiction: A Guide to Coping with the Grief, Stress, and Anger That Trigger Addictive Behaviors	Rebecca E. Williams PhD Julie S. Kraft MA LMFT	2022
The Mind-Gut Connection: How the Hidden Conversation Within Our Bodies Impacts Our Mood, Our Choices, and Our Overall Health	Emeran Mayer, MD	2018
The Molecule of More: How a Single Chemical in Your Brain Drives Love, Sex, and Creativity--and Will Determine the Fate of the Human Race	Daniel Lieberman, MD Michael Long	2018
The Mood Cure: The 4-Step Program to Take Charge of Your Emotions - Today	Julia Ross	2002
The Myth of Normal: Trauma, Illness, and Healing in a Toxic Culture	Gabor Maté, MD	2022
The Obesity Code: Unlocking the Secrets of Weight Loss (Why Intermittent Fasting Is the Key to Controlling Your Weight)	Jason Fung, MD	2016
The Obesity Epidemic: What caused it? How can we stop it?	Zoe Harcombe	2015
The Paleo Solution: The Original Human Diet	Robb Wolf	2017 (2 <sup>nd</sup> Edition)
The Pegan Diet: 21 Practical Principles for Reclaiming Your Health in a Nutritionally Confusing World	Mark Hyman, MD	2021
The Plant-Based Solution: America's Healthy Heart Doc's Plan to Power Your Health	Joel Kahn, MD	2018



The Pleasure Trap: Mastering the Hidden Force that Undermines Health & Happiness	Doug Lisle, PhD * Alan Goldhamer, DC	2003
The Power of Habit: Why We Do What We Do in Life and Business	Charles Duhigg	2012
The Primal Blueprint	Mark Sisson	2019
The Real Meal Revolution: Low Carb Cooking: 300 Low-Carb, Sugar-Free and Gluten-Free Recipes	Jonno Proudfoot	2019
The Secrets to Ultimate Weight Loss: A Revolutionary Approach to Conquer Cravings, Overcome Food Addiction, and Lose Weight Without Going Hungry	Chef AJ * Glen Merzer	2018
The Self-Sabotage Behavior Workbook: A Step-by-Step Program to Conquer Negative Thoughts, Boost Confidence, and Learn to Believe in Yourself	Candice Seti, PhD	2021
The Skinny Coach Cookbook: No Sugar, No Flour Recipes for a Skinny Girl Life	Tiffany Wright, PhD	N/A
The Sugar Demons: An Addict's Guide to Conquering Sugar Addiction	Johnathan Cranford *	2019
The Sugar Fix: The High-Fructose Fallout That Is Making You Fat and Sick	Richard J. Johnson, MD	2009
The Twelve Step Workbook of Overeaters Anonymous	Overeaters Anonymous *	2018
The Twelve Steps and Twelve Traditions of Overeaters Anonymous Second Edition	Overeaters Anonymous *	2018
The UltraMind Solution: The Simple Way to Defeat Depression, Overcome Anxiety, and Sharpen Your Mind	Mark Hyman, MD	2010

The Untethered Soul	Michael A. Singer	2007
The Upward Spiral: Using Neuroscience to Reverse the Course of Depression, One Small Change at a Time	Alex Korb, PhD	2015
The War of Art: Winning the Inner Creative Battle	Steven Pressfield	2002
This Is Your Brain on Food: An Indispensable Guide to the Surprising Foods That Fight Depression, Anxiety, PTSD, OCD, ADHD, and More	Uma Naidoo, MD	2020
Tiny Habits: The Small Changes That Change Everything	BJ Fogg, PhD	2019
Treating Food Addiction Book 1: The Basics: Nature, Assessment and Principles of Treatment	Phil Werdell * Beth Rocchio	2017 (Kindle)
Twelve Steps And Twelve Traditions of GreySheeters Anonymous	GreySheeters Anonymous	2015
Undo It! How Simple Lifestyle Changes Can Reverse Most Chronic Diseases	Dean Ornish, MD	2019
Unfunc Your Gut: A Functional Medicine Guide: Boost Your Immune System, Heal Your Gut, and Unlock Your Mental, Emotional and Spiritual Health	Peter Kozlowski, MD	2021
Unprocessed 10th Anniversary Edition: Revitalize Your Health with Whole Foods	Chef AJ * Glen Merzer	2022
Unsavoury Truth: How Food Companies Skew the Science of What We Eat	Marion Nestle	2018
Weight Loss Never Tasted So Good Cookbook: An Illustrated Guide to Eating Your Way to a Healthy Weight	Tony Vassallo	2017

Weight Loss Surgery Does NOT Treat Food Addiction	Connie Stapleton PhD *	2017
Wheat Belly: Lose the Wheat, Lose the Weight, and Find Your Path Back to Health	William Davis, MD	2011
When Food Is Comfort: Nurture Yourself Mindfully, Rewire Your Brain, and End Emotional Eating	Julie Simon	2018
When Food Is Love: Exploring the Relationship Between Eating and Intimacy	Geneen Roth	2009
Why Can't I Stop Eating? Recognizing, Understanding, and Overcoming Food Addiction	Debbie Danowski, PhD * Pedro Lazaro	2000
Why Can't My Child Stop Eating? A Guide to Helping Your Child Overcome Emotional Overeating	Debbie Danowski, PhD *	2013
Why Diets Fail (Because You're Addicted To Sugar): Science Explains How to End Cravings, Lose Weight, and Get Healthy	Nicole Avena. PhD * John Talbbot	2013
Why We Get Fat: And What to Do About It	Gary Taubes *	2010
Why We Get Sick: The Hidden Epidemic at the Root of Most Chronic Disease--and How to Fight It	Benjamin Bikman	2021
Why Weight? A Guide to Ending Compulsive Eating	Geneen Roth	1989
Wired to Eat: Turn Off Cravings, Rewire Your Appetite for Weight Loss, and Determine the Foods That Work for You	Robb Wolf	2017
Women Food and God: An Unexpected Path to Almost Everything	Geneen Roth	2011
Year of No Sugar: A Memoir	Eve O. Schaub	2014

You Are More Than You Think You Are: Practical Enlightenment for Everyday Life	Kimberly Snyder	2022
Your Appetite Switch: Master Your Eating & Free Your Life	Anne Katherine Theresa Wright *	2010
Your Body in Balance: The New Science of Food, Hormones, and Health	Neal Barnard, MD *	2020
12 Essential Insights for Emotional Sobriety: Getting Your Recovery Unstuck	Allen Berger, PhD	2021
31-Day Food Revolution: Heal Your Body, Feel Great, and Transform Your World	Ocean Robbins	2019
50 Ways to Soothe Yourself Without Food	Susan Albers, PsyD	2009
50 More Ways to Soothe Yourself Without Food: Mindfulness Strategies to Cope with Stress and End Emotional Eating	Susan Albers, PsyD	2015
7 Steps to Get Off Sugar and Carbohydrates: Healthy Eating for Healthy Living with a Low-Carbohydrate, Anti-Inflammatory Diet	Susan Neal	2017