



ALCHEMY BY THE SEA

INSTITUTE FOR RADIANT HEALTH

FOOD ADDICTION BOOKLIST

Below is a curated list of books exploring food addiction from various professional and personal perspectives, including links to each book.

Food Junkies: Recovery from Food Addiction by Vera Tarman, MD Link:

<https://www.amazon.com/Food-Junkies-Recovery-Addiction/dp/1459741978>

Rezoom: The Powerful Reframe to End the Crash-and-Burn Cycle of Food Addiction** by Susan Peirce Thompson, Ph.D., and Everett Considine

Link: <https://www.amazon.com/Rezoom-Powerful-Reframe-Crash-Burn-Addiction/dp/1401962095>

The DBT Solution for Emotional Eating by Debra L. Safer, MD, Sarah Adler, PsyD, and Philip C. Masson, PhD Link: <https://www.amazon.com/DBT-Solution-Emotional-Eating-Out-Control/dp/1462514115>

Nutrition Counseling in the Treatment of Eating Disorders by Marcia Herrin, EdD, MPH, RD, and Maria Larkin, MS, RD Link: <https://www.amazon.com/Nutrition-Counseling-Treatment-Eating-Disorders/dp/0415642574>

Beyond a Shadow of a Diet by Judith Matz, LCSW, and Ellen Frankel, LCSW

Link: <https://judithmatz.com/books/beyond-a-shadow-of-a-diet/>

The Hungry Brain: Outsmarting the Instincts That Make Us Overeat by Stephan J. Guyenet, PhD Link: <https://www.amazon.com/Hungry-Brain-Outsmarting-Instincts-Overeat/dp/125008119X>

Ultra-Processed People: Why Do We All Eat Stuff That Isn't Food... and Why Can't We Stop?** by Chris van Tulleken



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Link: <https://www.amazon.com/Ultra-Processed-People-Stuff-Isnt-Food/dp/1529900059>

The Food Addiction Recovery Workbook by Carolyn Coker Ross, MD, MPH Link:
<https://www.amazon.com/Food-Addiction-Recovery-Workbook-Cravings/dp/1626252093>