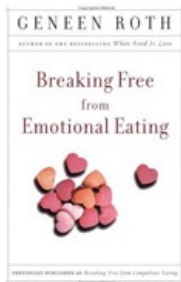


## 50 ways to soothe yourself without food

<https://iha.andornot.com/permalink/library16055>

Author: [Albers, Susan](#)  
Place: Oakland CA  
Publisher: New Harbinger  
Pub Date: 2009  
Format: Book  
Subject: [Compulsive Eating](#)  
[Food habits](#)  
[Diet](#)  
[Nutrition](#)  
[Wellness](#)

ISBN: 9781572246768  
Call No.: WM 175 A332 2009  
Location: KBH Library  
KGH Library Wellness  
RIH Library Wellness  
VJH Library Wellness  
Loan Policy: 21 days



## Breaking free from emotional eating

<https://iha.andornot.com/permalink/library17022>

Author: [Roth, Geneen](#)  
Place: New York NY  
Publisher: Plume  
Pub Date: 2004  
Physical Description: 216 p.  
Format: Book  
Subject: [Compulsive Eating](#)  
[Food habits](#)  
[Self Concept](#)  
[Wellness](#)

Notes: Previously published as Breaking free from compulsive eating  
Includes index.  
ISBN: 9780452284913  
Call No.: WM 175 R845 2004  
Location: RIH Library Wellness  
Loan Policy: 21 days

**When you eat at the refrigerator, pull up a chair: 50 ways to feel thin, gorgeous, and happy (when you feel anything but)**

<https://iha.andornot.com/permalink/library17020>

Author: Roth, Geneen  
Place: New York NY  
Publisher: Hyperion  
Pub Date: 1998  
Physical Description: xx, 217 p.  
Format: Book  
Subject: [Weight loss](#)  
[Body image](#)  
[Compulsive Eating](#)  
[Food habits](#)  
[Diet](#)  
[Wellness](#)

ISBN: 9780786885084  
Call No.: WM 175 R845 1998  
Location: RIH Library Wellness  
Loan Policy: 21 days