

Additional Resources to Support Lifestyle Change

Books

***Atomic Habits* by James Clear**

This engaging book discusses best practices to building habits using behavioral psychology techniques. It has practical and reasonable strategies for changing behaviors.

***Exercised* by Daniel Lieberman**

This educational book draws from evolutionary biology and anthropology to discuss the concept of exercise.

***The Diet Trap* by Dr. Jason Lillis, Dr. Joanne Dahl and Dr. Sandra Weineland**

This self-guided treatment book is based on a technique called acceptance and commitment therapy, or ACT.

***The Beck Diet Solution* by Dr. Judith Beck**

This self-guided treatment book is based on a technique called cognitive behavioral therapy, or CBT.

***Overcoming Binge Eating* by Dr. Christopher Fairburn**

This is an evidence-based self-help book for treatment of binge eating disorder. It contains education about binge eating and a self-directed plan for treatment.

Podcasts

***Food, We Need to Talk* hosted by Juna Gjata and Dr. Eddie Phillips**

This podcast reviews evidence-backed information about obesity, body image, eating disorders, genetics and more.

***The Magic Pill* hosted by Dr. Eddie Phillips**

This 21-day podcast series is aimed at helping you change the way you feel about exercise.

If you have any questions, please contact your physician.