



Coach Terri's List of Books to Explore

Cravings, Emotional Eating, Relationship with Food, etc.:

When Food Is Comfort: Nurture Yourself Mindfully, Rewire Your Brain, and End Emotional Eating by Julie M. Simon

The Emotional Eater's Repair Manual by Julie M/ Simon

End Emotional Eating: Using Dialectical Behavior Therapy Skills to Cope with Difficult Emotions and Develop a Healthy Relationship to Food by Jennifer L. Taitz

The Mindful Diet: How to Transform Your Relationship with Food for Lasting Weight Loss and Vibrant Health by Ruth Wolever and Beth Reardon

When Food is Your Drug: A Food Addict's Guide to Managing Emotional Eating by Kristin Jones

Savor: Mindful Eating, Mindful Life by Thich Nhat Hanh and Dr. Lilian Cheung

The Craving Mind: From Cigarettes to Smart-phones to Love--Why We Get Hooked & How We Can Break Bad Habits by Judson Brewer

The Craving Cure: Identify Your Craving Type to Activate Your Natural Appetite Control by Julia Ross

Mindset, Improving Self-Talk:

Mindset: The New Psychology of Success by Carol S. Dweck

Self-Compassion: Stop Beating Yourself Up and Leave Insecurity Behind by

Kristin Neff

The Mindful Self-Compassion Workbook: A Proven Way to Accept Yourself, Build Inner Strength, and Thrive by Kristin Neff and Christopher Germer

Addicted to the Monkey Mind: Change the Programming That Sabotages Your Life by JF Benoist

Taming Your Gremlin: A Surprisingly Simple Method for Getting Out of Your Own Way by Rick Carson

Talk to Yourself Like a Buddhist: Five Mindful Practices to Silence Negative Self-Talk by Cynthia Kane

What To Say When You Talk to Yourself by Shad Helmstetter

Negative Self-Talk & How to Change It by Shad Helmsstetter

Stress Reduction, Neuroplasticity:

The Upside of Stress: Why Stress Is Good for You, and How to Get Good at It by Kelly McGonigal

Stress Proof: The Scientific Solution to Protect Your Brain and Body--And Be More Resilient Every Day by Mithu Storoni

Build A Better Brain: Using Neuroplasticity to Train Your Brain for Motivation, Discipline, Courage, and Mental Sharpness by Peter Hollins

The Stress-Proof Brain: Master Your Emotional Response to Stress Using Mindfulness & Neuroplasticity by Melanie Greenberg

The Power of Neuroplasticity: The Breakthrough Scientific Discovery That Every Thought You Think Rewires Your Brain, and Changes Your Life by Shad Helmstetter

Binge Eating, Sugar Addiction, Approaches to Stop Responding to

Problematic Food Urges

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! By Glen Livingston

Brain Over Binge: Why I Was Bulimic, Why Conventional Therapy Didn't Work, and How I Recovered for Good by Kathryn Hansen

*Rational Recovery: The New Cure for Substance Addiction by Jack Trimp

Breaking Up with Sugar: A Plan to Divorce the Diets, Drop the Pounds, and Live Your Best Life by Molly Carmel

Self-Sabotage

The Self Sabotage Behavior Workbook: A Step-by-Step Program to Conquer Negative Thoughts, Boost Confidence, and Learn to Believe in Yourself by Candice Seti

Stop Self-Sabotage: Six Steps to Unlock Your True Motivation, Harness Your Willpower and Get Out of Your Way by Judith Ho

Habit Change

Atomic Habits: An Easy Proven Way to Build Good Habits & Break Bad Ones by James Clear

Tiny Habits: The Small Changes That Change Everything by BJ Fogg

The Power of Habit: Why We Do What We Do in Life and Business by Charles Duhigg

Yep, I enjoy reading books and am happy to share some options with you! You will likely find that these books within various categories overlap in some of the concepts, so picking up whichever one resonates with you would probably be a good starting point. Caveat I always provide...often books that talk about weight loss and nutrition still use traditional information about what is healthy (dietary guidelines based, low fat, etc.), so try to focus on the intended mindset and

behavioral changes rather than when they mention any specific foods or ways of eating.

*This book is about alcohol abuse recovery. The concepts can be very transferable to bingeing, or consuming addictive foods by replacing the references to alcohol and alcoholism to: bingeing, sugar, etc.

MY GOODBYE LETTER

Dear Sugar (and your partners, flour and sweeteners),

At the start of our relationship, I thought...

- What drew you to sugar?
- How did it make you feel in the beginning?
- What problems did sugar solve for you?

This is how I wished our relationship could be...

- Of course you never planned to be here. How do you wish the relationship could have been?

I tried so hard to fix us...

- How have you tried to fix your relationship with sugar?
- Recollect your list of attempts you've made to diet, cleanse, or eat differently.

I have been delaying this breakup because I'm scared that...

- What fears have gotten in the way of ending this relationship?
- When you imagine your life without sugar, what feels too hard or too difficult?

Our relationship has impacted me in the following ways...

- Think about how your life has been impacted by sugar--the good, the bad, and the ugly.
- What damage has sugar caused in your life? How has it affected your health, your relationships, your goals, your body, your self-esteem, your hopes, your dreams?
- How has sugar held you back?

I've been holding on to the following memories...

- Memories keep us hooked on the past. What memories are keeping you in the relationship? Is it the idea of birthdays,



anniversaries, and celebrations without sugar? Nights alone without being soothed by sugar?

- How would it feel creating new memories without sugar?
- What are you going to miss the most? Will you miss the rituals? The traditions? The spontaneity? The comfort?

But sugar, I won't miss...

- What won't you miss? What are you most looking forward to leaving behind? The feelings of shame and remorse? The harm that sugar has caused your body? The time you've lost trying to make the relationship work? The deep regret after the binge?

In my new life without you, sugar, I will...

- Explain to sugar what you need. You are taking your life back and you have every right to ask for what you want. What do you need to move forward? Do you need sugar to leave you alone as you do this challenge and figure out your next steps? How can sugar show you the respect you deserve?
- What are you going to do for yourself to help solidify the breakup? Rely on your friends? Get more support? Commit to an open mind? The list can be long or short.
- Anything else you need to say? Make sure you get it down.

Love, Me

Carmel, M. (2019). *Breaking Up With Sugar: Divorce the Diets, Drop the Pounds, and Live Your Best Life*. New York: Avery.



CHANGING A FIXED MINDSET TO A GROWTH MINDSET

FIXED

1. Focuses on abilities as being fixed traits (you have it or you don't).
2. Perceives challenges as failure and definitive.
3. Sees others' success as threatening or proof that you lack what is required

GROWTH

1. Focuses on abilities as something that can be learned and developed.
2. Perceives challenges as opportunity to learn and help you develop.
3. Sees others' success as evidence that skills can be developed with effort.

Write your fixed mindset thoughts about yourself in relation to fasting and healthy eating in left column. Now rewrite them as growth mindset statements in the right column,

How are the columns similar and different from each other?

Which statements feel energizing or motivating to you?

Can you sense a difference in your body when you say the statements in one column vs the other ?

Practice using the statements that help you to feel capable, hopeful, or open .

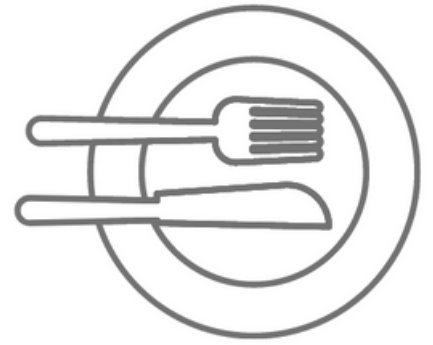


MY FUTURE SELF AND BODY AND HEALTH



Write a description of how you imagine your life can be without when you achieve your health and weight goals. How will you feel (physically, mentally, emotionally)? Are there activities that you will do that you avoid or struggle to do now? What will you enjoy about life?

My Relationship With Food



Think back about when, how, and what you learned about food, dessert, snacks, when and how often to eat.

A. What do you remember about messages you heard about food and how you learned to incorporate these messages?

B. Did you learn to associate food with safety or comfort, reward, punishment, love, shame, happiness, etc.?

C. Any food traditions/memories you have a hard time letting go of from your earlier years (childhood or adulthood)?

D. What does a healthier relationship with food look like for you?

Sugar By Any Other Name

- Agave
- Barley Malt
- Beet sugar
- Blackstrap Molasses
- Brown sugar
- Brown Rice Syrup
- Cane juice crystals
- Cane sugar
- Cane syrup
- Caramel
- Carob Syrup
- Castor sugar
- Coconut sugar
- Confectioner's sugar (powdered sugar)
- Corn syrup
- Crystalline fructose
- Date Sugar
- Dextrin
- Dextrose
- Diastatic Malt
- Ethyl Maltol
- Evaporated Cane Juice
- Florida Crystals
- Fructose
- Fruit Juice
- Galactose
- Glucose
- Golden Sugar
- Golden Syrup
- Grape Sugar
- High-Fructose Corn Syrup
- Honey
- Icing Sugar
- Invert Sugar
- Lactose
- Maltodextrin
- Maltose
- Malt Syrup
- Maple Syrup
- Molasses
- Muscovado sugar
- Panela sugar
- Raw sugar
- Rice Syrup
- Refiner's syrup
- Sorghum syrup
- Sugar
- Sucrose
- Sucanat
- Treacle
- Turbinado sugar
- Yellow sugar