

## BOOKSHELF

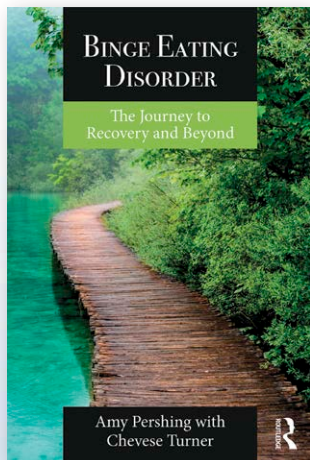
### Binge Eating Disorder: The Journey to Recovery and Beyond

By Amy Pershing, LMSW, ACSW, and Chevese Turner  
2019, Routledge  
Paperback, 182 pages, \$29.95

Amy Pershing, LMSW, ACSW, is founding director of Bodywise, a comprehensive treatment program for binge eating disorder (BED); clinical director of the Center for Eating Disorders in Ann Arbor, Michigan; and founder of Hungerwise, a program to end chronic dieting and weight cycling. Chevese Turner is founder, president, and CEO of the BED Association, a national organization that just merged with the National Eating Disorder Association and promotes the pursuit of healing and well-being for those affected by BED. Both Pershing and Turner bravely use their own recovery stories to guide their work with BED.

Pershing and Turner's new book, *Binge Eating Disorder: The Journey to Recovery and Beyond*, is one of the few non-diet-oriented books pertaining to BED. What I like most about this book is the use of real-life examples. The first chapter begins with Chevese's account of her first childhood experience with binge eating and her parents' food and body policing. Unlike many of the limited books available on BED, this book isn't about getting control over eating or body weight. This is a book about understanding the root causes of why BED exists and how to, in the authors' words, "Take POWR Back" in a way that's aligned with the tenets of Health at Every Size, which rejects the use of weight, size, or BMI as a primary indicator of health as well as the myth that weight is simply a result of personal choices.

The book can be of great value to dietitians, as it unpacks the reasons behind eating behaviors such as binge eating. Traditional dietetics education trains RDs to give solutions, such as eating plans. If we stop to take a step back and get curious about why a client may be struggling and to understand what the behavior does for them, we may gain much



more insight. Clients with BED need to have compassionate practitioners guide them to find peace with their eating journey and stop bingeing. This book provides framework with which to do just that.

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### One Two Punch: When to Eat, What to Eat, & How to Keep Going

By Claudia Wilson, MS, RDN, CSSD, CSCS  
2018, Claudia Wilson  
Paperback, 141 pages, \$24.99

Claudia Wilson, MS, RDN, CSSD, CSCS, is a dietitian and self-described eating coach. Based in Salt Lake City, she runs a nutrition counseling private practice called All of Nutrition. Her practice areas include general wellness, sports nutrition, eating disorders, intuitive eating, weight management, diabetes, allergies and intolerances, high cholesterol, healthful eating, and meal planning. Her experience includes 10 years in sports nutrition with the University of Utah athletic department and the department of family and preventive medicine. She's a board certified specialist in sports nutrition and a strength and conditioning specialist/trainer. This is her first book.

*One Two Punch* focuses on helping the reader learn to identify when he or she is hungry and responding with a fist-sized portion of protein and a fist-sized portion of carbohydrates. Using this visual cue, Wilson posits individuals can learn to fuel their bodies in a way that reduces hunger and leads to sustainable weight loss. She uses the analogy of the stomach as an incinerator to describe how our bodies burn fuel when we're hungry but store it when we eat for



reasons besides physical needs. She also discusses sleep, stress, and exercise. The book includes helpful tools such as a hunger/fullness scale, charts for exploring emotional drivers for eating, as well as meal plans for omnivores, vegans, and those following many other dietary patterns. It provides many practical tips for healthful eating and positive lifestyle change. Filled with testimonials from clients who have benefited from working with Wilson, the reader will be encouraged to “see” themselves among her success stories.

I believe this book would be most useful in conjunction with one-to-one nutrition counseling. Learning to identify emotional eating behaviors while also incorporating intuitive eating principles and interpreting the portion measures in real-life situations could be confusing for individuals with limited health literacy or poor eating behaviors. RDs will find many useful tools within its pages they can pull out and use with clients looking for a blended approach of intuitive eating and structured behavior change to achieve weight management, while filling in the gaps about diet quality and teaching other healthful eating concepts not addressed in this book.

— Sherry Coleman Collins, MS, RDN, LD, is president of Southern Fried Nutrition Services in Atlanta, specializing in food allergies and sensitivities, digestive disorders, and nutrition communications. Find her on Twitter, Instagram, and Facebook as @DietitianSherry, via the *Southern Fried Girlfriends* podcast, and at [www.southernfriednutrition.com](http://www.southernfriednutrition.com).

### **The 30-Minute Mediterranean Diet Cookbook: 101 Easy, Flavorful Recipes for Lifelong Health**

*By Serena Ball, MS, RDN, and Deanna Segrave-Daly, RDN  
2018, Rockridge Press  
Paperback, 196 pages, \$17.99*

In their first cookbook, Serena Ball, MS, RDN, and Deanna Segrave-Daly, RDN, educate readers on the evidence-based whys and tangible hows of the Mediterranean diet—or, as they call it, the Mediterranean “eating lifestyle.” And, as the title promises, each of the cookbook’s recipes takes a maximum of 30 minutes to prepare.

Ball and Segrave-Daly co-own Teaspoon Communications, LLC, and blog at [TeaspoonOfSpice.com](http://TeaspoonOfSpice.com), where they combine their nutrition expertise with their love for food. Together, they provide services such as social media outreach,

copywriting, presentation development, sponsored blog content, and brand ambassadorship.

At the beginning of the book, the authors provide thorough, evidence-based information, including a list of chronic diseases with examples of studies on how the Mediterranean diet impacts those conditions. Plus, they include tools to make adopting the Mediterranean eating lifestyle easier for consumers, such as a food pyramid, clear guiding principles, and a grocery store guide.

While their recipes, which are logically organized into 11 categories, are relatively familiar, several of them have unique twists. For instance, they offer a Lemony Garlic Hummus recipe that calls for peanut butter in place of tahini for a higher-protein, more convenient, and more cost-effective—yet still delicious—spin. And their Mediterranean Lentil Sloppy Joes are a rendition of the classic comfort food but are served in pita pockets, ideal for anyone cooking for a family or who may need to ease into a plant-based way of eating.

Personally, I’d recommend this cookbook to my clients as an adjunct tool because, as the authors say, the Mediterranean lifestyle is unrestrictive and includes all foods. They also emphasize the importance of slowing down, eating mindfully, and enjoying the eating experience, which are all important factors for fostering a truly healthful, peaceful, and joyful relationship with food.

Overall, RDs can recommend this cookbook to many clients because the Mediterranean diet reduces risk of a wide range of conditions from Alzheimer’s disease to type 2 diabetes. Plus, the cookbook provides gluten-free, dairy-free, and vegan recipes and would be particularly helpful for clients who want to cook but have limited time to do so.

— Caroline Young, MS, RD, LD, RYT, is an Atlanta-based dietitian, freelance health journalist, and certified yoga instructor. She works on the marketing and communications teams as a nutrition expert at the National Peanut Board. She counsels clients with disordered eating issues in an outpatient private practice and virtually, combining nutrition counseling and yoga techniques. She also blogs at [thewholeyogiRD.com](http://thewholeyogiRD.com).

