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For Immediate Release

Lose the Diet. Love Your Body. Eat in Peace.

Does Every Woman Have An Eating Disorder?
Challenging Our Nation's Fixation with Food and Weight

New book by Dr. Stacey Rosenfeld, June 1, 2014

Los Angeles, CA, May 1, 2014 -- Do you have an unhealthy relationship with food or your body? Do you feel guilty when you "cheat"? Do you look in the mirror and obsess about your body? Are you tired of dieting? Stacey Rosenfeld PhD, a leading specialist in eating disorders, wants you to know you are not alone. In her first book, [Does Every Woman Have an Eating Disorder? Challenging Our Nation's Fixation with Food and Weight](#) (June 1, 2014; Siena Moon Books, ISBN: 978-0-9898518-3-1, 216 pages, [paperback \\$16.95](#)), she explores our nation's unhealthy weight obsession and outlines practical, healthy steps to feeling good about your body at any size.

Dr. Rosenfeld says most women do not believe they suffer from an eating disorder; however, they measure their self-worth daily by dress size or the scale, and spend countless hours on thoughts of calories, cheating, exercising, fitting into a pair of jeans, or worse: wishing they looked different. Even those who do not suffer from a clinical eating disorder often have an issue around food and weight.

According to Dr. Rosenfeld, "We live in a culture of culinary abundance but are taught to do whatever it takes to shrink our flesh. Women are bombarded with messages about what size and shape they should be -- a campaign that takes a toll on their self-esteem and health. It is hard to go a day without seeing an ad for a diet product, overhearing a conversation about weight or a plan of attack between friends as they brace for dining out, or reading headlines about the obesity crisis. It has reached new heights, and my goal is to provide tools for people to lose the diet, love their body, and eat in peace."

In [Does Every Woman Have an Eating Disorder?](#) readers will learn:

- Why diet attempts always end in failure.
- How to break the addiction of dieting.
- How to stop obsessing about food and weight and discover how to eat in peace.
- How to stop listening to a weight-obsessed culture that tells women to hate their bodies.
- Practical tips for developing a healthy – and yes, happy - relationship with exercise.

- How watching your weight may be hurting you more than you realize.
- How to let go, be truly healthy, and actually accept and love your body -- at any size.

Throw away your scale. Eat when you are hungry. Stop counting calories. Exercise for fun. What would your life be like *without* a fixation on weight? Dr. Rosenfeld shines a new light on this issue.

Early praise for ***Does Every Woman Have an Eating Disorder?***

Dr. Jennifer J. Thomas, author “Almost Anorexic: Is My (or My Loved One's) Relationship with Food a Problem?”; Co-Director, Eating Disorders Clinical and Research Program, Massachusetts General Hospital says, “An insightful, engaging book that is perfect for any woman who has ever judged her self-worth by the fit of her jeans. It is teeming with eye-popping statistics, thought-provoking exercises, and relatable personal stories that will help you 'lose the diet, love your body, and eat in peace.’”

Abby Ellin, author “Teenage Waistland: A Former Fat-Camper Weighs In on Living Large, Losing Weight, and How Parents Can (and Can't) Help,” says, “Dr. Rosenfeld has written a smart, important, and wildly necessary book. It should be required reading for all women—and the men in their lives.”

Elyse Resch, MS, RDN, CEDRD, FAND, FADA; Nutrition Therapist; coauthor of “Intuitive Eating,” says, “Finally, a book that offers hope to the myriad women feeling all alone in their negative obsession with food and body. These women, victims of our culturally thin ideal, can stop blaming themselves and plant the seeds of healing that will lead them toward self-love and acceptance.”

[Dr. Rosenfeld](#) is a clinical psychologist committed to helping people develop healthier relationships with food and their bodies. She also works with patients who have substance abuse issues, anxiety and mood disorders, and relationship difficulties. She lectures around the country on her “Lose the Diet. Love Your Body. Eat in Peace” philosophy, and is a frequent resource for the media. She has been interviewed by *Today*, *ABC News*, *Dr. Oz*, *The New York Times*, *Associated Press*, *Woman’s Day*, *Fitness Magazine*, and dozens of other outlets.

A certified group psychotherapist, Dr. Rosenfeld has worked at treatment centers and universities around the U.S., including at Columbia University Medical Center in New York City. She is active in the Los Angeles County Psychological Association, where she founded and chairs the Eating Disorder Special Interest Group. She is also certified as a personal trainer and indoor cycling instructor and previously served as the chief psychologist of the New York City Triathlon. Dr. Rosenfeld is a member of the Academy for Eating Disorders; International Association of Eating Disorders Professionals; and National Eating Disorders Association. She lives and practices in southern CA, and is also licensed to practice in NY.

Her book ***Does Every Woman Have An Eating Disorder? Challenging Our Nation’s Fixation with Food and Weight*** was inspired by her [acclaimed blog ***Does Every Woman Have an Eating Disorder?***](#), named on Healthline’s list of Best Eating Disorder Blogs, and on Eating Disorder Hope’s list of Top 25 Eating Disorder Blogs. More at: <http://www.staceyrosenfeld.com>, on Facebook <https://www.facebook.com/drstaceyrosenfeld>, and Twitter <https://twitter.com/drstaceyla>.

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