Contents

Acknowledgments
Introduction
PART I What You Need to Know about Night Eating
Chapter 1 Are You a Night Eater?
Chapter 2 Eating Patterns: Food for Thought
Chapter 3 Sleeping Patterns: Up All Night?
Chapter 4 How Are You Feeling Today?
Chapter 5 What Night Eating Syndrome Is Not

Part II The Biology of Night Eating

Chapter 6
It's a Family Affair: The Genetics of Night Eating Syndrome
Syndrome
Chapter 7
Hormones
PART III
What Can Help?
Chapter 8
Help Yourself: Serving Up New Thought Patterns 101
Chapter 9
Imagery, Relaxation, and Behavioral Interventions 119
Chapter 10
I'll Get By with a Little Help from My Friends 139
Chapter 11
Take Two Pills and Call Me in the Morning 149
DADT XX
PART IV Don't Give Up!
Chapter 12 Final Thoughts and Encouragement
That Thoughts and Encouragement
Appendix
Calculate Your Body Mass Index (BMI)
D
Resources
References