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PUBLISHED BOOKS ON HEALTH AND NUTRITION BY SHEILA BUFF

Regaining Your Self: A New Approach to Overcoming Eating Disorders (coauthor with Dr. Ira Sacker; Hyperion, 2007)

The Complete Idiot's Guide to Vitamins, Minerals and Supplements, 3rd edition (coauthor with Dr. Alan Pressman; Alpha Books/Penguin, 2007)

The Shangri-La Diet (collaborator; Putnam, 2006; national bestseller)

The South Beach Diet Dining Guide (ghost author; Rodale, 2005; national bestseller)

Net Carb Counter (Avon Books; 2005)

Atkins Diabetes Revolution (ghost author; Avon Books, 2004; national bestseller)

The Children's Hospital of Philadelphia Guide to Asthma (coauthor; Wiley, 2004)

The Atkins Essentials (collaborator; Avon Books, 2004; national bestseller)

The Arthritis Cure (revised edition of national bestseller; coauthor with Dr. Jason Theodosakis; St. Martin's Press, 2004)

Atkins for Life (ghost author; St. Martin's Press, 2003; national bestseller)

The Ultimate Calorie Counter (St. Martin's Press, 2002)

The Good Fat, Bad Fat Counter (St. Martin's Press, 2002)

Natural Health Magazine Complete Guide to Safe Herbs (coauthor with Dr. Chris Meletis; Dorling Kindersley, 2002)

Instant Guide to Drug-Herb Interactions (coauthor with Dr. Chris Meletis; Dorling Kindersley, 2001)

The Complete Idiot's Guide to Vitamins, Minerals and Supplements, revised and expanded edition (coauthor with Dr. Alan Pressman; Alpha Books/Macmillan, October 2000)

Dr. Atkins' Age-Defying Diet Revolution (coauthor; St. Martin's Press, 2000; national bestseller)

The Pocket Idiot's Guide to Vitamins and Minerals (coauthor with Dr. Alan Pressman; Alpha Books/Macmillan, 1999)

The Complete Idiot's Guide to Alternative Medicine (coauthor with Dr. Alan Pressman; Alpha Books/Macmillan, 1999)

The Complete Idiot's Guide to Vitamins, Minerals and Supplements (coauthor with Dr. Alan Pressman; Alpha Books/Macmillan, 1998)

The Physician's Guide to Healing: Digestive Problems (Berkley Books, 1997)

The GSH Phenomenon (coauthor with Dr. Alan Pressman; St. Martin's Press, 1997; mass market paperback edition, *Glutathione: The Ultimate Antioxidant*, 1998)

The Doctor's Guide to Healing Foods/The Doctor's Guide to Healing Herbs (two volumes, Berkley Books, 1996)

**PUBLISHED BOOKS ON HISTORY, NATURAL HISTORY, GARDENING, AND THE
OUTDOORS BY SHEILA BUFF**

Insider's Guide to the Hudson River Valley (Globe Pequot, forthcoming, 2008)

Best Hikes with Children in the Hudson Valley and Catskills (additional entries for revised edition; The Mountaineers, 2002)

Traditional Country Skills (The Lyons Press, 2001)

Where the Birds Are (contributing author; Dorling Kindersley, 2001)

The Complete Idiot's Guide to Birdwatching (Alpha Books/Macmillan, 1999)

The Great Tomato Book (Burford Books, 1999)

Nature's Window: Dolphins, Wolves, Bears, Penguins, Elephants, Frogs, Butterflies (small-format gift book series; Andrews McMeel, 1997, 1998)

Nature Walks in and around New York City (Appalachian Mountain Club, 1996)

The Gardener's Sourcebook (Lyons & Burford, 1996; Garden Book Club selection)

The Birder's Sourcebook (Lyons & Burford, 1994; Nature Book Club alternate)

Birding for Beginners (Lyons & Burford, 1993; Book-of-the-Month Club and Quality Paperback Book Club alternate; Nature Book Club alternate)

Good Dog! (editor, quotation book; Andrews McMeel, 1997)

