



## Sunny Sea Gold



**Sunny Sea Gold** is an author, freelance journalist, and former editor at *Glamour*, *Seventeen*, and *Redbook*. She currently writes about women's health for magazines like *Parade*, *Parents*, and *O, the Oprah Magazine*, and writes a bi-monthly column for *Scientific American Mind*. Sunny has written about Binge Eating Disorder (B.E.D.) for *Glamour*, *Redbook*, *Seventeen*, *Teen Vogue*, and *Women's Health Australia*, and chronicled her own B.E.D. journey in her book *Food: The Good Girl's Drug, How to Stop Using Food to Control Your Feelings*, released in 2011.

