



## Book Recommendations

### Food & Nutrition:

- Anti-Diet: Reclaim Your Time, Money, Well-Being and Happiness Through Intuitive Eating
  - Christy Harrison
- Nourish: How to Heal Your Relationship with Food, Body and Self
  - Heidi Schauster
- Intuitive Eating: A Revolutionary Anti-Diet Approach
  - Workbook: The Intuitive Eating Workbook: Ten Principles for Nourishing a Healthy Relationship with Food
  - Evelyn Tribole and Elyse Resch
- Making Peace with Your Plate
  - Robyn Cruze & Espra Andrus

### Weight Science:

- Health At Every Size: The Surprising Truth About Your Weight
  - Lindo Bacon
- Body Respect: What Conventional Health Books Get Wrong, Leave Out, and Just Plain Fail to Understand about Weight
  - Lindo Bacon & Lucy Amphramor

### Body Image:

- Reclaiming Body Trust – A Path to Healing & Liberation
  - Dana Sturtevant and Hilary Kinavey
- Embody: Learning to Love Your Unique Body (and Quiet That Critical Voice!)
  - Connie Sobczak
- The Body is Not an Apology: The Power of Radical Self-Love
  - Workbook: Your Body Is Not an Apology Workbook: Tools for Living Radical Self-Love
  - Sonya Renee Taylor
- The Body Keeps the Score: Brain, Mind and Body in the Healing of Trauma
  - Bessel van der Kolk
- More Than a Body: Your Body Is an Instrument, Not an Ornament
  - Lindsay and Lexie Kite, PhD



- Living with Your Body and Other Things You Hate
  - Emily K Sandoz & Troy Dufrene
- Weightless: Making Space for My Resilient Body and Soul
  - Evette Dionne

### Fat Liberation:

- Happy Fat: Taking Up Space in a World That Wants to Shrink You
  - Sofie Hagen
- What We Don't Talk About When We Talk About Fat
  - Aubrey Gordan
- You Have the Right to Remain Fat
  - Virgie Tovar

### BIPOC-Specific:

- Belly of the Beast: The Politics of Anti-Fatness as Anti-Blackness
  - Da'Shaun L. Harrison
- Fearing the Black Body: The Racial Origins of Fat Phobia
  - Sabrina Strings
- Eating While Black: Food Shaming and Race in America
  - Psyche A. Williams-Forson
- It's Always Been Ours: Rewriting the Story of Black Women's Bodies
  - Jessica Wilson

### Memoirs, Personal Journeys:

- Gorge: My Journey Up Kilimanjaro at 300 Pounds
  - Kara Richardson Whitely
- Landwhale: On Turning Insults Into Nicknames, Why Body Image Is Hard, and How Diets Can Kiss My Ass
  - Jes Baker
- Shri!l: Notes from a Loud Woman
  - Lindy West
- Shattered Image: My Triumph Over Body Dysmorphic Disorder
  - Brian Cuban



## Wellness Industry, Media and Medical Systems:

- The Wellness Trap: Break Free from Diet Culture, Disinformation and Dubious Diagnoses
  - Christy Harrison
- Radical Belonging: How to Survive and Thrive in an Unjust World
  - Lindo Bacon
- Doing Harm: The Truth About How Bad Medicine and Lazy Science Leave Women Dismissed, Misdiagnosed, and Sick
  - Maya Dusenbery
- Why Zebras Don't Get Ulcers
  - Robert Sapolsky

## Men-Specific

- The Adonis Complex: How to Identify, Treat, and Prevent Body Obsession in Men and Body
  - Harrison Pope & Katharine Phillips
- Making Weight: Healing Men's Conflicts with Food, Weight, and Shape
  - Arnold Anderson, Leigh Cohn & Tom Holbrook

## Body Image Journals/Workbooks

- The Body Positive Journal
- Being in Your Body
- Self-Love Workbook for Women
- Your Body is Not an Apology Workbook

## Additional Resources/Websites:

- Body Image for Trans Folx <https://www.transfolxfightingeds.org/>
- Let's Queer things up <https://letsqueerthingsup.com/>
- ASDAH: Association for Size Diversity and Health [asdah.org](https://asdah.org)
- Ellyn Satter Institute <https://www.ellynsatterinstitute.org/>
- Intuitive Eating <http://www.intuitiveeating.org/>
- The National Association to Advance Fat Acceptance <https://naafa.org/>
- <https://canweallgo.com/> - various articles, resources for fat bodies
- Body Liberation with Lindley Ashline –art devoted to fat bodies



- Health Advocacy: <https://www.shilogeorge.com/>
- The Body Positive <https://thebodypositive.org/>
- Printable Doctor Handouts + More:  
<https://haeshealthsheets.com/resources/>