



Health At Every Size – Hope for the New Year

Resources List

Health At Every Size Curriculum

This curriculum is a great resource for professionals seeking to learn more about how to implement HAES into their practice, or for anyone who wants to learn more about the evidence base behind HAES.

<https://haescurriculum.com/>

Dialectical Behavioral Therapy (DBT) Values Sort

These links can be used by individuals to determine their most prominent values or by professionals with clients (in or out of session) to do the same. Knowing your values is helpful when needing to make choices about eating disorder behaviors; they serve as a protective factor and support on your recovery journey!

The Good Project Values Sort Activity:

https://harvard.az1.qualtrics.com/jfe/form/SV_e35whN7tkXtvIHv

Guildford Miller Values Sort Activity: <https://www.guilford.com/add/miller2/values.pdf?t>

Social Media:

If you are on social media, we suggest diversifying your Instagram feed and considering if the content you're viewing is aligned with your recovery values. Here are some accounts we recommend:

[@with this body](#)

[@bodyimagewithbri](#)

[@ragenchastain](#)

[@drrachelmillner](#)

[@fitragamuffin](#)

[@thecrankytheapist](#)

[@intersectionalrecovery](#)

[@veronicathedietitian](#)

[@your body is good](#)

[@feelgooddietitian](#)

[@streetsmart.rd](#)

[@fatpositivetherapy](#)

Books and Podcasts:

We encourage you to read books or listen to podcasts that align with your recovery values. Here are some books and podcasts we love:

Books:

[Intuitive Eating - by Evelyn Tribole and Elyse Resch](#)

[Health At Every Size - by Lindo Bacon](#)

[Body Respect - by Lindo Bacon](#)

[Body Kindness - by Rebecca Scritchfield](#)

[Anti-Diet - by Christy Harrison](#)

[Fearing the Black Body: The Racial Origins of Fat Phobia - by Sabrina Strings](#)

Podcasts: Food Psych, Dietitians Unplugged, Maintenance Phase, Don't Salt My Game, Body Kindness, The F*ck It Diet Radio, Body Podcast, Life: Unrestricted, Mom Genes