

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-Forsen
- 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
- Shrill: 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
- 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/>