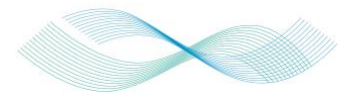


## Categories

1. Intuitive Eating & Diet Recovery Books .....	2
2. Eating Disorder Recovery Books .....	2
3. Body Acceptance & Body Liberation Books .....	3
4. Parent Resources for Eating Disorder Recovery and Raising Body Positive Children & Teens .....	4
5. Intuitive Eating, Eating Disorder Recovery & Body Liberation Podcasts .....	5
6. Joyful Movement & Weight-Inclusive Fitness Resources .....	6
7. Body Liberation & Social Justice Blogs/Resources .....	7
8. Intuitive Eating & Eating Disorder Recovery Blogs .....	8
9. Weight-Inclusive Training & Resources for Health Providers .....	8
10. Weight-Inclusive Resources for Diabetes, PCOS, Fertility & Pregnancy, and Menopause .....	8
11. Mood, Addiction, Mindfulness & Self-Compassion Books .....	10
12. Mindfulness & Self-Compassion Online Resources .....	10

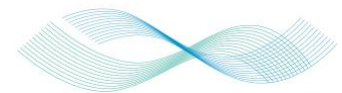


### Intuitive Eating & Diet Recovery Books

- Intuitive Eating (4th Ed): A Revolutionary Anti-Diet Approach by Evelyn Tribole, MS RDN CEDRD-S & Elyse Resch, MS RDN CEDRD-S
- The Intuitive Eating Workbook: Ten Principles for Nourishing a Healthy Relationship with Food by Evelyn Tribole, MS RDN CEDRD-S & Elyse Resch, MS RDN CEDRD-S
- Body Respect: What Conventional Health Books Get Wrong, Leave Out, and Just Plain Fail to Understand about Weight by Linda Bacon, PhD & Lucy Aphramor, PhD RD
- The Diet Survivor's Handbook: 60 Lessons in Eating, Acceptance and Self-Care by Judith Matz, LCSW & Ellen Frankel, LCSW
- Eat to Love: A Mindful Guide to Transforming Your Relationship with Food, Body, and Life by Jenna Hollenstein
- The Mindful Eating Workbook: Simple Mindfulness Practices to Nurture a Healthy Relationship with Food by Vincci Tsui, RD
- Beyond a Shadow of a Diet: The Comprehensive Guide to Treating Binge Eating Disorder, Compulsive Eating, and Emotional Overeating by Judith Matz, LCSW & Ellen Frankel, LCSW (for professionals)
- Body of Truth: How Science, History, and Culture Drive Our Obsession with Weight-- and What We Can Do about It by Harriet Brown
- Anti-Diet: Reclaim Your Time, Money, Well-Being, and Happiness Through Intuitive Eating by Christy Harrison, MPH RD
- Just Eat It: How Intuitive Eating Can Help You Get Your Shit Together Around Food by Laura Thomas, PhD
- Unapologetic Eating: Making Peace with Food and Transform Your Life by Alissa Rumsey, MS, RD
- Gentle Nutrition: A Non-Diet Approach to Healthy Eating by Rachael Hartley, RD

### Eating Disorder Recovery Books

- Pursuing Perfection: Eating Disorders, Body Myths, and Women at Midlife and Beyond Margo Maine, PhD FAED CEDS & Joe Kelly
- Midlife Eating Disorders: Your Journey to Recovery by Cynthia M. Bulik, PhD
- The Recovery Mama Guide to Your Eating Disorder Recovery in Pregnancy and Postpartum by Linda Shanti McCabe
- Binge Eating Disorder: The Journey to Recovery and Beyond by Amy Pershing & Chevese Turner
- 8 Keys to Recovery from an Eating Disorder [book](#) and [workbook](#) by Carolyn Costin & Gwen Schubert Grabb
- Life Beyond Your Eating Disorder by Johanna S. Kandel
- Rehabilitate, Rewire, Recover!: Anorexia Recovery for the Determined Adult by Tabitha Farrar



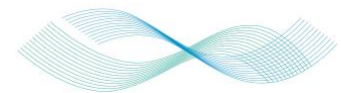
- *Neural Rewiring for Eating Disorder Recovery: For Real and Meaningful Mental Freedom* by Tabitha Farrar
- *Befriending Your Body: A Self-Compassionate Approach to Freeing Yourself from Disordered Eating* by Ann Saffi Biasseti, PhD LCSW [here](#) and related resources
- *Mothers, Daughters, and Body Image: Learning to Love Ourselves as We Are* by Hillary L. McBride
- *Sick Enough: A Guide to the Medical Complications of Eating Disorders* by Jennifer L. Gaudiani, MD CEDS FAED

#### ARFID (Avoidant Restrictive Food Intake Disorder)

- [Meal Time Hostage](#) (blog, resources)
- [Extremepickyeating.com](#) (Books for children/parents and teens/adults, resources)

### Body Acceptance & Body Liberation Books

- *You Have the Right to Remain Fat* by Virgie Tovar
- *Things No One Will Tell Fat Girls: A Handbook for Unapologetic Living* by Jes Baker
- *Landwhale: On Turning Insults Into Nicknames, Why Body Image Is Hard, and How Diets Can Kiss My Ass* by Jes Baker
- *Body Positive Power: Because Life Is Already Happening and You Don't Need Flat Abs to Live It* by Megan Jayne Crabbe
- *Embody: Learning to Love Your Unique Body (and quiet that critical voice!)* by Connie Sobczak
- *Body Kindness: Transform Your Health from the Inside Out - And Never Say Diet Again* by Rebecca Scritchfield, RDN
- *The Body is Not an Apology: The Power of Radical Self-Love* by Sonya Renee Taylor [here](#) and workbook
- *Fat! So?: Because You Don't Have to Apologize for Your Size* by Marilyn Wann
- *Fat Activism: A Radical Social Movement* by Charlotte Cooper
- *Fierce Fatty: Love Your Body and Live Like The Queen You Already Are* by Victoria Welsby
- *The Religion of Thinness: Satisfying the Spiritual Hungers Behind Women's Obsession with Food and Weight* by Michelle M. Lelwica
- *Fat, Pretty, and Soon to be Old: A Makeover for Self and Society* by Kimberly Dark
- *Fearing The Black Body: The Racial Origins of Fat Phobia* by Sabrina Strings
- *What We Don't Talk About When We Talk About Fat* by Aubrey Gordon
- *"You Just Need to Lose Weight": And 19 Other Myths About Fat People* by Aubrey Gordon
- *More Than A Body: Your Body Is An Instrument, Not An Ornament* by Lexie Kite, PhD & Lindsay Kite, PhD



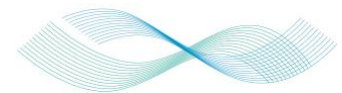
## Parent Resources for Eating Disorder Recovery and Raising Body Positive Children & Teens

### Parent Resources for Eating Disorder Recovery

- Feed Your Instinct (checklists and resources for parents)
- F.E.A.S.T. (Online resource for parents)
- Emotion-Focused Family Therapy Skills for Caregivers (free webinar series)
- How To Nourish Your Child Through an Eating Disorder: A Simple, Plate-by-Plate Approach to Rebuilding a Healthy Relationship with Food by Casey Crosbie & Wendy Sterling
- When Your Teen Has an Eating Disorder: Practical Strategies to Help Your Teen Recover from Anorexia, Bulimia, and Binge Eating by Lauren Muhlheim, PsyD
- Skills-based Caring for a Loved One with an Eating Disorder: The New Maudsley Method by Janet Treasure, Grainne Smith & Anna Crane
- Eva Musby's website and book list (more specific to anorexia and other eating disorders)

### Parent/Teen Resources for Intuitive Eating and Body Acceptance

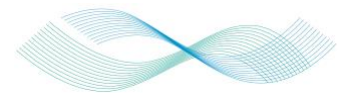
- Books for Kids, Teens and Young Adults (list from Gurze-Salucore ED Catalogue)
- The Intuitive Eating book has a chapter on raising Intuitive Eaters and The Intuitive Eating Workbook for Teens by Elyse Resch, MS RDN
- No Weigh!: A Teen's Guide to Positive Body Image, Food, and Emotional Wisdom by Shelley Aggarwal, Signe Darpinian, & Wendy Sterling
- The Full Bloom Project Podcast w/ Zoe Bisbing, LCSW & Leslie Bloch, LCSW-R
- Intuitive Eating Moms (resources) [here](#) and The Embodied & Well Mom Show w/ Lindsay Stenovec, RD (podcast) [here](#)
- Laura Thomas, PhD (substack, podcast, more resources) [here](#)
- Virginia Sole-Smith (substack, books, more resources) [here](#)
- Yummy Toddler Food (resources from Amy Palanjian) [here](#)
- Comfort Food w/ Amy Palanjian & Virginia Sole-Smith [here](#)
- Body Kindness Podcast w/ Rebecca Scritchfield (search episode themes "For Parents") [here](#)
- Raising Intuitive Eaters (online course w/ Paige Smathers) [here](#)
- Resource list for parents, educators, and professionals from The Mindful Dietitian [here](#)
- More-Love.org (blog, resources) [here](#)



## Intuitive Eating, Eating Disorder Recovery & Body Liberation Podcasts

- Food Psych w/ Christy Harrison [here](#)
- Nutrition Matters w/ Paige Smathers [here](#)
- Dietitians Unplugged w/ Aaron Flores & Glenys Oyston [here](#)
- Men Unscripted w/ Aaron Flores [here](#)
- Don't Salt My Game [here](#) and Can I Have Another Snack? w/ Laura Thomas [here](#)
- Body Kindness w/ Rebecca Scritchfield [here](#)
- The Bodylove Project w/ Jessi Haggerty [here](#)
- All Fired Up w/ Louise Adams [here](#)
- The Fat Doctor Podcast w/ Dr. Asher Larmie [here](#)
- Rebel Eaters Club w/ Virgie Tovar [here](#)
- The Body Image Podcast w/ Corinne Dobbas [here](#)
- The Beyond The Food Show w/ Stephanie Dodier [here](#)
- Real Health Radio w/ Chris Sandal [here](#)
- My Black Body Podcast w/ Rawiyah Tariq & Jessica Wilson [here](#)
- Body Liberation For All w/ Dalia Kinsey [here](#)
- Hearing Our Own Voice w/ Melissa Toler [here](#)
- The Food Heaven Podcast w/ Wendy Lopez & Jessica Jones [here](#)
- Intuitive Eating For The Culture w/ Christyna Johnson [here](#)
- Woman of Size w/ Jana Schmieding [here](#)
- The Body Grievors Club w/ Brianna Campos [here](#)
- Soul Sessions w/ Jodie Gale [here](#)
- Heavy Conversations w/ Bruce Sturgell of Chubstr & Jody of Bear Skn [here](#)
- Fierce Fatty w/ Vinny Welsby [here](#)
- Maintenance Phase w/ Aubrey Gordon & Michael Hobbes [here](#)
- She's All Fat w/ April Quioh & Sophia Carter-Kahn [here](#)
- Fat & Faithful w/ Amanda Martinez Beck & J. Nicole Morgan [here](#)
- "You Can Eat with Us" w/ Libre Connections [here](#)
- Escape Diet Prison w/ Anne-Sophie Reinhardt [here](#)
- Intuitive Bites w/ Kirsten Ackerman [here](#)
- Love, Food w/ Julie Duffy Dillon [here](#)
- Therapy Thoughts w/ Tiffany Roe [here](#)
- Eat The Rules w/ Summer Innanen [here](#)
- Belly Love w/ Rachel Cole [here](#)
- We're Not Weighting w/ Tonya Beauchaine & Tracy Vazquez [here](#)
- Redefining Health & Wellness w/ Shohreh Davoodi [here](#)
- Every Body w/ Daria Matza [here](#)

# INTUITIVE EATING, DIET RECOVERY, EATING DISORDER RECOVERY COMPREHENSIVE RESOURCE LIST

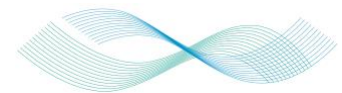


*Taddle Creek*  
Family Health Team

- I Weigh w/ Jameela Jamil [here](#)
- Body Trauma Podcast w/ Nia Patterson [here](#)
- Fat Girl Book Club w/ Jennifer Radke [here](#)
- Life Unrestricted w/ Meret Boxler [here](#)
- The Eating Disorder Recovery Podcast w/ Janean Anderson [here](#)
- Eating Disorders Recovery Podcast w/ Tabitha Farrar [here](#)
- ED Matters [here](#)
- The Embodied & Well Mom Show [here](#)
- Mom Genes The Podcast w/ Rachel Coleman & Tina Laboy [here](#)
- Comfort Food w/ Amy Palanjian & Virginia Sole-Smith [here](#)
- The Full Bloom Project w/ Zoe Bisbing & Leslie Bloch (for parents & raising body-positive kids) [here](#)
- Conditioned Food Sensitivity w/ Wendy Busse [here](#)
- Do No Harm (medical care and the weight-inclusive approach to health) [here](#)
- Nourished Circle w/ Kori Kostka & Lori Short-Zamudio (for professionals) [here](#)

## Joyful Movement & Weight-Inclusive Fitness Resources

- Yoga For Eating Disorders [here](#)
- Joyn (Virtual Studio) [here](#)
- GoodBodyFeel (Virtual Studio) [here](#)
- Body Positive Fitness (Virtual Studio) [here](#)
- Fitness by Sarah Taylor (Virtual Studio) [here](#)
- Curvy Yoga (Virtual Studio) [here](#)
- Rebel Bodies (Virtual Training) [here](#)
- Inner Workout (Virtual Studio) [here](#)
- Ample Movement (Hiking, Yoga) [here](#)
- Body Positive Bootcamp (Virtual Community) [here](#)
- The Be.Come Project (Virtual Studio) [here](#)
- Mindful Strength (Virtual Studio) [here](#)
- Train Happy (book and podcast) by Tally Rye [here](#)
- Louise Green "Big Fit Girl" [here](#)
- Meg Boggs [here](#)
- Iron Fat Blog by Ragen Chastain [here](#)
- Marc Settembrino - "Fat Kid Yoga Club" & Yoga Coaching [here](#)
- Dana Falsetti (Virtual Yoga Studio) [here](#)
- Diane Bondy Yoga [here](#)
- Do Yoga With Me [here](#)
- Amber Karnes - Body Positive Yoga (Virtual Studio) [here](#)
- Jessamyn Stanley [here](#)

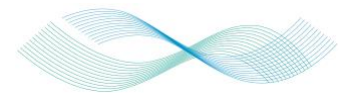


- Decolonizing Fitness [here](#)
- Unmeasured (Virtual Barre Studio) [here](#)
- Super You Studio (Virtual Fitness, Yoga and Run courses) [here](#)
- The Luscious Life - Body Positive Yoga [here](#)
- Jenny Bruso & Unlikely Hikers [here](#)
- Superfit Hero [here](#)
- Disabled Girls Who Lift [here](#)
- Revocycle - Mind and Body Cycling [here](#)
- Marley Blonsky - Life On Two Wheels (Weight Inclusive Cycling Resources) [here](#)
- Nutritious Movement w/ Katy Bowman (Online Studio & Other Resources) [here](#)
- 12 Places You Can Find Fat- and Body Positive Workouts You Can Do at Home by Louise Green [here](#)
- Don't Sweat It (HuffPost series on improving relationship with fitness) [here](#)
- Black Trainers and Fitness Pros to Follow and Support by Chrissy King [here](#)
- My 10 Principles of Intuitive Movement by Jessi Haggerty [here](#)
- It Took Me Years to Separate Working Out From Trying to Lose Weight. Here's How I Did It by Louise Green [here](#)
- The Complete Guide to Overcoming Gymtimidation by Ragan Chastain [here](#)
- My Fitness Journey Does Not Have to be About Weight Loss by Sherronda J. Brown [here](#)
- I'm Fat and Not Fit - So Where Do I Fit In? by Zoe Fenson [here](#)
- GMB (Not weight-inclusive, but has tons of resources for making movement practical and fun) [here](#)

### Body Liberation & Social Justice Blogs/Resources

- The Body Is Not An Apology (online mag) [here](#)
- More Than A Body Blog [here](#)
- The Body Positive (online courses) [here](#)
- Body Liberation Photography (Blog & Fat Positive Resources) by Lindley Ashline [here](#)
- Fluffy Kitten Party Blog [here](#)
- Comfy Fat (Blog & Fat Positive Resources) [here](#)
- Big Fat Science [here](#)
- Aubrey Gordon a.k.a. Your Fat Friend [here](#)
- Marquisele Mercedes [here](#)
- Ragen Chastain [here](#) and [here](#)
- Dr. Asher Larmie a.k.a. The Fat Doctor [here](#)
- Take the Cake column in by Virgie Tovar [here](#)
- Notes from the Fatosphere Blog [here](#)
- Resilient Fat Goddex Blog [here](#)





## Intuitive Eating & Eating Disorder Recovery Blogs

- Diet Culture in the Age of Body Positivity by Health.com (TW: diet articles on the rest of the site) [here](#)
- Anti-Diet Series from Good Housekeeping (TW: diet articles on the rest of the site) [here](#)
- Vincci Tsui Blog [here](#)
- Alissa Rumsey Blog [here](#)
- The Real Life RD by Robyn Nohling [here](#)
- Corrine Dobbas Blog [here](#)
- Isabel Foxen Duke Blog [here](#)
- Kristina Bruce Blog [here](#)
- Center For Body Trust Blog [here](#)
- Recovery Warriors Blog [here](#)
- thirdwheeled (queer perspectives and resources for ED recovery) [here](#)
- Let's Queer Things Up! (queer/trans identity, mental health, ED recovery) [here](#)
- Gaudiani Clinic ED Treatment Blog [here](#)

## Weight-Inclusive Training & Resources for Health Providers

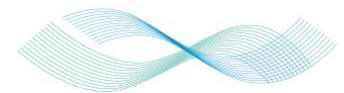
- Association for Size Diversity and Health (ASDAH) a.k.a. Health At Every Size® [here](#)
- Intuitive Eating Counselor Certification [here](#)
- EDRDPro [here](#)
- Health, Not Diets w/ Fiona Willer [here](#)
- The Mindful Dietitian w/ Fiona Sutherland [here](#)
- Heather Caplan (podcast, webinars, courses - for dietitians) [here](#)
- HAES® Australia [here](#)
- Center For Body Trust [here](#)
- London Centre for Intuitive Eating [here](#)
- Embodied Dietitians w/ Tracy Brown [here](#)
- Weight-Inclusive Dietitians in Canada [here](#)
- Weight Neutral for Diabetes Care [here](#)
- Weight Neutral 4 Diabetes Care Symposium [here](#)

## Weight-Inclusive Resources for Diabetes, PCOS, Fertility & Pregnancy, and Menopause

### General

- Dr. Asher Larmie (a.k.a The Fat Doctor) Resources for weight-inclusive care [here](#)
- HAES® Health Sheets (weight-inclusive resources for various medical conditions) [here](#)





## Diabetes

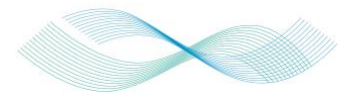
- Diabulimia Helpline and Resources [here](#)
- Beyond Type 1 (not weight-inclusive, but lots of resources including Mental Health) [here](#)
- Beyond Type 2 (not weight-inclusive, but lots of resources including Mental Health) [here](#)
- Am I Hungry? Mindful Eating for Diabetes (Resources) [here](#)
- Self-Care for Diabetes Concerns (online group series) [here](#)
- Weight-Neutral for Diabetes Care (professionals and individuals) [here](#)
- Diabetes & Disordered Eating Resources by Lauren Newman, RD [here](#)
- Body Kindness Podcast w/ Rebecca Scritchfield, RDN & Glenys Oyston, RDN (search "Diabetes") [here](#)
- Love, Food Podcast w/ Julie Duffy Dillon, RD, Episodes #216-219 [here](#)
- Body Posi Betes (Blog & Social Media) [here](#)
- Intuitive Eating for Diabetes by Rachel Hartley, RD, [Part 1](#) & [Part 2](#)
- Diet-Free Talk for Diabetes/Insulin Issues Facebook Group [here](#)

## PCOS

- PCOS Nutrition Center (courses, resources) [here](#)
- Elizabeth Armstrong (resources for PCOS and mental health) [here](#)
- PCOS and Food Peace Course w/ Julie Duffy Dillon [here](#)
- PCOS and Food Peace Podcast w/ Julie Duffy Dillon & Kimmie Singh [here](#)
- PCOS Body Liberation (community, resources) [here](#)
- PCOS Positivity (e-books, resources) [here](#)
- Sam Abbott PCOS Nutritionist (blog, resources) [here](#)
- Understanding PCOS by Robyn Nohling, RD, [Part 1](#), [Part 2](#), & [Part 3](#)
- PCOS and Intuitive Eating by Rachel Hartley, RD, [Part 1](#), [Part 2](#), & [Part 3](#)

## Fertility and Pregnancy

- No Period. Now What? by Nicola J. Rinaldi, PhD [book](#) and [blog](#)
- Real Life RD Blog by Robyn Nohling, RD [here](#)
- Fat and Fertile by Nicola Salmon [book](#) and fat-positive fertility resources [here](#)
- The Clinical Guide to Fertility, Motherhood, and Eating Disorders: From Shame to Self-Acceptance by Kate B. Daigle [here](#)
- The Recovery Mama Guide to Your Eating Disorder Recovery in Pregnancy and Postpartum by Linda Shanti McCabe [here](#)
- 10 Ways To Improve Body Image During Pregnancy by Summer Innanen (more resources) [here](#)
- Crystal Karges Nutrition (blog, groups, resources for pregnancy and motherhood) [here](#)



### Perimenopause and Menopause

- Why You Gain Belly Fat After Menopause (And Why It's OK) by Jessi Haggerty [here](#)
- Erica Leon Blog & Resources [here](#)

### Mood, Addiction, Mindfulness & Self-Compassion Books

- Mind Over Mood: Change How You Feel by Changing the Way You Think by Dennis Greenberger, PhD & Christine A. Padesky, PhD [here](#)
- The Mindful Way Through Depression: Freeing Yourself from Chronic Unhappiness by Mark Williams, John Teasdale, et al. [here](#) and it's companion workbook [here](#)
- The Mindful Path to Self-Compassion: Freeing Yourself from Destructive Thoughts and Emotions by Chris Germer, PhD [here](#)
- The Mindful Self-Compassion Workbook: A Proven Way to Accept Yourself, Build Inner Strength, and Thrive by Kristin Neff, PhD & Chris Germer, PhD [here](#)
- The Addiction Recovery Skills Workbook: Changing Addictive Behaviors Using CBT, Mindfulness, and Motivational Interviewing Techniques by Suzette Glasner-Edwards, PhD [here](#)
- The Mindfulness Workbook for Addiction: A Guide to Coping with the Grief, Stress and Anger that Trigger Addictive Behaviors by Rebecca E. Williams, PhD & Julie S. Kraft, MA LMFT [here](#)
- In The Realm of Hungry Ghosts: Close Encounters with Addiction by Gabor Mate, MD [here](#)

### Mindfulness & Self-Compassion Online Resources

- Self-Compassion w/ Kristin Neff (resources, practices, & guided meditations) [here](#)
- 9 Self-Compassion Exercises and Worksheets for Increasing Compassion [here](#)
- Center for Mindful Self-Compassion (community practice, resources, training) [here](#)
- Mindful.org (articles, guided meditations & education) [here](#)
- Guided Mindful Eating practices from The Center for Mindful Eating [here](#)
- UCLA Guided Mindfulness Practices (free online and app) [here](#)
- Mindfulness-Based Stress Reduction (free course & guided meditations) [here](#)
- Insight Timer (app) [here](#)
- Serenity (app) [here](#) (android) and [here](#) (apple)
- Headspace (app) [here](#)
- Calm (app) [here](#)
- Buddhify (app) [here](#)