

BOOK RECOMMENDATIONS

- Resch, E. And Tribole, E. *Intuitive Eating*
- Scritchfield, R. *Body Kindness*
- Harrison, K. *Anti-Diet*
- Wolf, N. *The Beauty Myth*
- Neff, PhD, K. *Self Compassion*
- Bacon, PhD, L. *Health at Every Size*
- Crabbe, M. *Body Positive Power*
- Bacon, PhD, L. And Aphromore, PhD, RD, L. *Body Respect*
- Taylor, S. *The Body is Not an Apology*

ONLINE RESOURCES

- intuitiveeating.org
- karenrkoenig.com
- thebodypositive.org
- christyharrison.com
- alissarumsey.com
- haescommunity.com
- chrissyking.com
- bodykindnessbook.com

PODCAST RECOMMENDATIONS

- bodykindnessbook.com/podcast
- christyharrison.com/foodpsych
- positive-nutrition.com/podcast
- juliedillonrd.com/lovefoodpodcast
- heathercaplan.com/rd-real-talk-podcast
- dietitiansunplugged.libsyn.com