Reading List

Required Reading

Intuitive Eating by Evelyn Tribole & Elyse Resch
Body Respect by Linda Bacon & Lucy Aphramor
A Hunger So Wide and So Deep: A Multiracial View of Women's Eating Problems by Becky Thompson
Appetites: Why Women Want by Caroline Knapp
The Gifts of Imperfection by Brené Brown
Radical Acceptance by Tara Brach

Recommended Reading

When Women Stop Hating Their Bodies by Jane R. Hirschmann
Women Who Run with the Wolves by Clarissa Pinkola Estes
Not All Black Girls Know How to Eat by Stephanie Covington Armstrong
Controlled by Neesha Arter
Hot & Heavy: Fierce Fat Girls on Life, Love & Fashion by Virgie Tovar
The Joyous Body: Myths and Stories of the Wild Woman Archetype (Audio book) by Clarissa Pinkola Estes
Effective Clinical Practice in the Treatment of Eating Disorders: The Heart of the Matter by Margo Maine & William N. Davis
Beyond a Shadow of a Diet by Judith Matz & Ellen Frankel
The Body Keeps the Score by Bessel van der Kolk
Trauma Stewardship: An Everyday Guide to Caring for Self While Caring for Others by Laura van Dernoot Lipsky & Connie Burk
FATISO?: Because You Don't Have to Apologize for Your Size by Marilyn Wann
Women, Food and God by Geneen Roth
Organizations/Activists/Clinicians to Follow

Desiree Adaway  
Kelly Diels  
Carmen Cool  
Linda Bacon  
Marilyn Wann  
Virgie Tovar  
The Militant Baker  
Dianne Bondy Yoga  
Jessamyn Stanley  
Curvy Yoga/Anna Guest-Jelley  
Rachel W Cole  
Frances Cannon  
Be Your Own Beloved/Vivienne McMaster  
Lindy West  
Melissa Toler

Nayyirah Waheed  
Nalgona Positivity Pride  
Roxanne Gay  
Sarai Walker  
Trans Folx Fighting Eating Disorders (T-FFED)  
Anita Johnston  
Lidia Yuknavitch  
Louise Green/Big Fit Girl  
Association for Size Diversity and Health (ASDAH)  
Binge Eating Disorder Association (BEDA)  
Well-Founded/Lucy Aphramor  
Dances with Fat/Ragen Chastain  
Ivy: Body Relationship Coach  
Isabel Foxen Duke  
The Body Is Not An Apology

Some Podcasts

Food Psych  
Life Unrestricted  
Dietitians Unplugged  
The Radical Therapist  
Every Body  
Body Kindness