



kindful body

COUNSELING FOR EATING DISORDERS

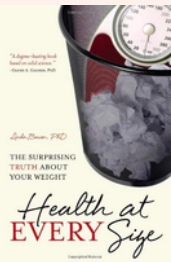


# UNLEARNING TOXIC BEAUTY STANDARDS

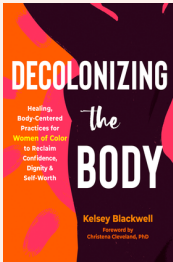
RESOURCE LIST



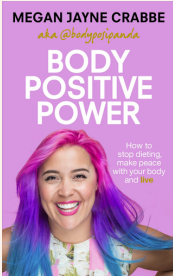
# BOOKS



***Health at Every Size: The Surprising Truth About Your Weight*** (2008) by Linda Bacon (now Lindo Bacon)



***Decolonizing the Body: Healing, Body-Centered Practices for Women of Color to Reclaim Confidence, Dignity & Self-Worth*** (2023) by Kelsey Blackwell



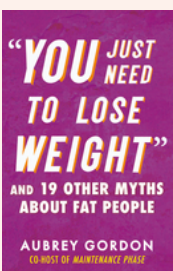
***Body Positive Power: Because Life Is Already Happening and You Don't Need Flat Abs to Live It*** (2018) by Megan Jayne Crabbe



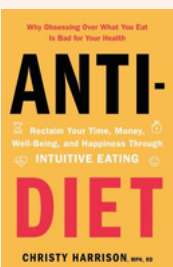
***Beauty Sick: How the Cultural Obsession with Appearance Hurts Girls and Women*** (2017) by Renee Engeln



***What We Don't Talk About When We Talk About Fat*** (2020) by Aubrey Gordon



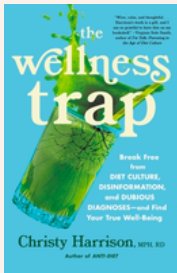
***“You Just Need to Lose Weight”: And 19 Other Myths About Fat People*** (2023) by Aubrey Gordon



***Anti-Diet: Reclaim Your Time, Money, Well-Being, and Happiness Through Intuitive Eating*** (2019) by Christy Harrison



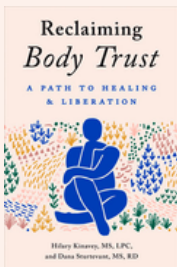
# BOOKS



***The Wellness Trap: Break Free from Diet Culture, Disinformation, and Dubious Diagnoses, and Find Your True Well-Being* (2023) by Christy Harrison**



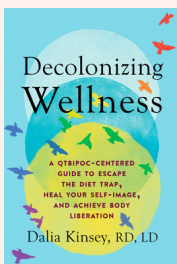
***Belly of the Beast: The Politics of Anti-Fatness as Anti-Blackness* (2021) by Da'Shaun L. Harrison**



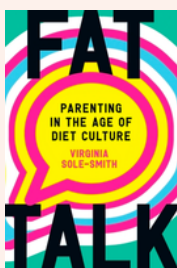
***Reclaiming Body Trust: A Path to Healing and Liberation* (2022) by Hilary Kinavey and Dana Sturtevant**



***The Body Liberation Project: How Understanding Racism and Diet Culture Helps Cultivate Joy and Build Collective Freedom* (2023) by Chrissy King**



***Decolonizing Wellness: A QTBIPOC-Centered Guide to Escape the Diet Trap, Heal Your Self-Image, and Achieve Body Liberation* (2022) by Dalia Kinsey**



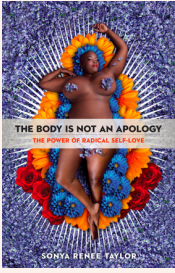
***Fat Talk: Parenting in the Age of Diet Culture* (2023) by Virginia Sole-Smith**



***Fearing the Black Body: The Racial Origins of Fat Phobia* (2019) by Sabrina Strings**



# BOOKS



***The Body Is Not an Apology: The Power of Radical Self-Love* (2018) by Sonya Renee Taylor**



***The Beauty Myth: How Images of Beauty Are Used Against Women* (1990) by Naomi Wolf**



# PODCASTS



*Full Plate* by Abbie Attwood



*The Full Bloom* by Zoë Bisbing



“Brené with Sonya Renee Taylor on ‘The Body is Not an Apology’”  
From *Unlocking Us* by Brené Brown



*Men Unscripted* by Aaron Flores



*Food Psych*® by Christy Harrison



*Maintenance Phase* by Michael Hobbes and Aubrey Gordon



*Unsolicited: Fatties Talk Back* by Marquisele Mercedes, Da'Shaun Harrison, Caleb Luna, Bryan Guffey, and Jordan Underwood



*Burnt Toast* by Virginia Sole-Smith



*Making It Awkward* by Jessica Wilson

