

Resources



Eating Disorder Books

Anti-Diet: Reclaim Your Time, Money, Well-Being, and Happiness Through Intuitive Eating

By Christy Harrison

The F*ck It Diet

By Caroline Dooner

The Body is Not an Apology: The Power of Radical Self-Love

By Sonya Renee Taylor

Intuitive Eating (4th Edition)

By Evelyn Tribole and Elyse Resch

(There's a workbook too!)

Resources



Eating Disorder Books

Health at Every Size: The Surprising Truth
About Your Weight

By Lindo Bacon

Happy Fat

By Sofia Hagen

Body Kindness: Transform Your Health From
the Inside Out - And Never Say Diet Again

By Rebecca Scritchfield

Sick Enough: A Guide to the Medical
Complications of Eating Disorder

By Jennifer L. Gaudiani

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Eating Disorder Books

Fearing the Black Body: The Racial Origins of
Fat Phobia

By Sabrina Strings

Just Eat It: How Intuitive Eating Can Help You
Get Your Shit Together Around Food

By Laura Thomas

Body Respect: What Conventional Health
Books Get Wrong, Leave Out, and Just Plain Fail
to Understand About Weight

By Lindo Bacon and Lucy Aphramor

Body Positive Power

By Megan Jayne Crabb

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Eating Disorder Books

FAT!SO?

By Marilyn Wann

Loving Someone With an Eating Disorder:
Understanding, Supporting, and Connecting
with Your Partner

By Dana Harron

Life Without Ed

By Jenni Schaefer

Landwhale: On Turning Insults into Nicknames,
Why Body Image is Hard, and How Diets Can

Kiss My Ass

By Jes Baker

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Eating Disorder Podcasts

Food Psych

Body Love Project

Maintenance Phase

Intuitive Bites

Body Kindness

It's Not About the Food

Train Happy

Dieticians Unplugged
Podcast

How to Love Your Body

The Mindful Dietician

The Lovely Becoming

The Recovery Warrior
Show

The F*ck It Diet Podcast

Resources



Eating Disorder Instagram Accounts

@empowering_you_llc @beauty_redefined

@no.food.rules @carissa.hannum.psychot
herapy

@bodyposipanda @redefining_wellness

@thenutritiontea @your.latina.nutritionist

@thefuckitdiet @projectheal

@binge.nutritionist @bodypositive_mom

@feelgooddietitan @fierce.fatty

@theintuitive_rd @monarchwellnessdc

Resources



Eating Disorder Instagram Accounts

@thesassydietitian @intersectionalrecovery

@drrachelmillner @julie.ohlemacher

@courage.to.nourish @nicolecruzrd

@thebodypositive @eatcakepod

@themindfuldietitian @evelyntribole

@thebodylovesociety @the.lovelybecoming

@lindobacon @trainhappypodcast

@chr1styharrison @fit.flexible.fluid