

## References

**Body Respect: What Conventional Health Books Get Wrong, Leave Out, and Just Plain Fail to Understand about Weight** by Linda Bacon and Lucy Aphramor

**embody: Learning to Love Your Unique Body (and quiet that critical voice!)**  
by Connie Sobczak and Elizabeth Scott

**Body of Truth: How Science, History, and Culture Drive Our Obsession with Weight--and What We Can Do about It** by Harriet Brown

**Fat Politics: The Real Story Behind America's Obesity Epidemic** by J. Eric Oliver

**Big Fat Lies Learn the astonishing facts** Glenn A. Gasser, Ph.D.

**Secrets of Feeding a Healthy Family: How to Eat, How to Raise Good Eaters, How to Cook**  
by Ellyn Satter M.S. R.D. L.C.S.W. B.C.D

**Intuitive Eating: A Revolutionary Program that Works**  
by Evelyn Tribole M.S. R.D. and Elyse Resch M.S. R.D. F.A.D.A.

**No Weigh!**  
by Shelley Aggarwal, Signe Darpinian, et al.

**The Intuitive Eating Workbook for Teens: A Non-Diet, Body Positive Approach to Building a Healthy Relationship with Food**  
by Elyse Resch

**Your Body is Awesome body Respect for Children** by Sigrun Danielsdottir

**Your Tummy's Talking** by Jean Cochran

Websites with podcast and blogs

Beauty Redefined <https://beautyredefined.org>

Be Nourished <https://benourished.org/>

Body Kindness <https://www.bodykindnessbook.com/>

Dances With Fat <https://danceswithfat.org/>

The Militant Baker <http://www.themilitantbaker.com/> The Militant Baker website has an enormous resource page with body inclusive websites, Instagram accounts, blogs

Intuitive Eating <https://www.intuitiveeating.org/>

Association for Size Diversity and Health (ASDAH) <https://www.sizediversityandhealth.org/>