

Body Image, Body Liberation, and Eating Disorders Resources

These resources reflect a compilation of recommendations from different folks in the eating disorders and body image treatment and prevention sphere within the United States and folks generally committed to body activism and body liberation.

This list is maintained and updated regularly by Dr. Anna Ciao and the [Eating and Body Image research team](#) at Western Washington University. Please email (Anna.Ciao@wwu.edu) with your suggestions of new resources to add to the list!

Information to learn more about eating disorders and body image:

- [National Eating Disorders Association](#) (includes an eating disorder screening tool)
 - Information specific to [educators and school staff](#)
- [Fighting Eating Disorders in Underrepresented Populations](#) (trans and non-binary community)
- [FEDUP Collective](#) -- information, support groups, and training for affirming eating disorders care for trans, gender diverse, and intersex populations
- [The Eating Disorder Foundation](#)
- [Let's Queer Things Up](#) Body Positive entries
- [Equip Health](#) (online eating disorders treatment; lots of information about eating disorders and treatment available)
- [Comenzar de Nuevo](#) (en Español)

Podcasts to learn more about weight bias and body liberation:

- Maintenance Phase
- Food Psych Podcast with Christy Harrison
- Break the Diet Cycle with Melissa Landry
- Food Heaven Podcast
- She's All Fat: A Fat Positive Podcast
- Woman of Size
- Coma y Punto (en Español)
 - https://www.youtube.com/channel/UC4mPV3AV_LDsfFbuZ3lAwQ
 - <https://open.spotify.com/show/5TGKueymD2p0SspVbvOU7o>

Books to learn more about diet culture and body liberation:

- Anti-Diet: Reclaim Your Time, Money, Well-Being, and Happiness Through Intuitive Eating by Christy Harrison
- You Just Need to Lose Weight And 19 Other Myths About Fat People by Aubrey Gordon
- Fat Talk Parenting in the Age of Diet Culture by Virginia Sole-Smith
- What We Don't Talk About When We Talk About Fat by Aubrey Gordon
- Eating White Black Food Shaming and Race in America by Psyche A. Williams-Forsen
- Belly of the Beast by Da'Shaun L. Harrison
- The F*ck it Diet: Eating Should Be Easy by Caroline Dooner
- The Body is Not an Apology by Sonya Renee Taylor (workbook version available)
- Fearing the Black Body by Sabrina Strings
- Things No One Will Tell Fat Girls: A Handbook for Unapologetic Living by Jes Baker

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- Two Whole Cakes: How to Stop Dieting and Learn to Love Your Body by Lesley Kinzel
- Intuitive Eating: A Revolutionary Program that Works by Elyse Resch and Evelyn Tribole
- The Intuitive Eating Workbook: Ten Principles for Nourishing a Healthy Relationship with Food by Elyse Resch and Evelyn Tribole
- The Eating Instinct by Virginia Sole-Smith
- Hijas Americanas: Beauty, Body Image, and Growing up Latina by Rosie Molinary

Instagram recommendations:

@NalgonaPositivityPride
@your.latina.nutritionist
@meganayne crabbe
@tiffanyima
@vitamin_ri
@mylatinatherapist
@isabelvasquezrd
@pcos.nutritionist
@pcos.positivity
@black.nutritionist
@meg.boggs
@bodypositivefitness_
@diabetes.rd
@virgietovar
@kids.eat.in.color

@no.more.guilt
@enlamesanutrition
@latinxtherapy
@takingupspace_with_jan
nie
@encouragingdietian
@celestesmiththerapy
@eatingdisordertherapyla
@bodyimagewithbri
@v_solesmith
@decolonizing_fitness
@thewellful
@chr1styharrison
@hgoodrichrd
@thehungryclementine

@jaybaum.rd
@diets_dont_work_haes
@i_weigh

Cuentas de Instagram (En Español)

@raquelobaton
@drhaicarosenfeld
@somoshaes
@lafatshionista
@nutricionsari
@micuerposinreglas
@eathority

Information on non-diet nutrition and health at every size:

- [Association for Size Diversity and Health](#)
- [National Association to Advance Fat Acceptance](#)

Kid-focused resources:

- Website for building body positivity in Kids:
<https://www.coloradoparent.com/parenting-body-positivity/>
- Celebrate Your Body (And its Changes Too). The Ultimate Puberty Book for Girls by Sonya Renee Taylor
- [Fair Play for Kids](#)
- [National Eating Disorders Association media resources](#)
- [Teen Vogue article](#)

Information on Body Autonomy:

- [The Good Trade](#)
- [Body Autonomy book list](#)