

# *Body Positive Resources*

## Programs

- FREE [10-day Body Confidence Makeover!](#)
- 4-week online program: [EMBRACE YOU](#)

## Podcasts

- **Fearless Rebelle Radio** with Summer Innanen
- **Escape Diet Prison** with Anne-Sophie Reinhardt
- **Life. Unrestricted.** with Meret Boxler
- **Finding our Hunger** with Kaila Prins
- **Food Psych** with Christy Harrison
- **Reclaiming You** with Sarah Nicole Vance
- **The Recovery Warrior Show** with Jessica Raymond
- **Let it Out** with Katie Dalebout

## Videos

- [Change your world, not your body—the social impact of body love](#) – Jes Baker
- [Is Body Acceptance an Excuse for not Taking Care of Yourself?](#) – Summer Innanen
- [Health at Every Size](#) – Linda Bacon
- [Why Dieting Usually Doesn't Work](#) – Sandra Aamodt
- [PLUS-SIZE? MORE LIKE MY SIZE](#) — Ashley Graham
- [Lose Hate, Not Weight](#) – Virgie Tovar
- [Ending the Pursuit of Perfection](#) – Iska Lawrence
- [The Stand for Self-Love](#) – Amy Pence-Brown
- [Why Extreme Diets Don't Work](#) – Adam Ruins Everything

- [After Anorexia: Life's Too Short to Weigh Your Cornflakes](#) – Catherine Pawley

## **Books**

- [Health at Every Size: The Surprising Truth about Your Weight](#) by Linda Bacon, PhD.
- [Body of Truth: How Science, History, and Culture Drive Our Obsession with Weight—and What We Can Do about It](#) by Harriet Brown
- [Body Respect: What Conventional Health Books Get Wrong, Leave Out, and Just Plain Fail to Understand about Weight](#) by Linda Bacon, PhD and Lucy Aphramor, PhD, BD
- [When Women Stop Hating Their Bodies: Freeing Yourself from Food and Weight Obsession](#) by Jane R. Hirschman & Carol H. Munter
- [The Gifts of Imperfection: Let Go of Who You Think You're Supposed to Be and Embrace Who You Are](#) by Brené Brown
- [Things No One Will Tell Fat Girls: A Handbook for Unapologetic Living](#) by Jes Baker
- [Self-Compassion: The Proven Power of Being Kind to Yourself](#) by Kristen Neff, Ph.D.
- [Body Kindness: Transform Your Health from the Inside Out—and Never Say Diet Again](#) by Rebecca Scritchfield
- [The Beauty Myth: How Images of Beauty Are Used Against Women](#) by Naomi Wolf
- [Intuitive Eating: A Revolutionary Program that Works](#) by Evelyn Tribole, MS, RD & Elyse Resch, MS, RD, FADA

## **Movies**

- [Embrace the Documentary](#) (Netflix)
- [The Illusionists](#)

- [Miss Representation](#) (YouTube)

## **Websites**

- <http://findingourhunger.com/>
- <https://bodyimagemovement.com/>
- <http://www.thebodypositive.org/>
- <http://www.bodypositive.com/>
- <https://haescommunity.com/>