

ANTI-DIET

RESOURCES

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Resources

Here's a list of some of my favorite resources—websites, blogs, books, podcasts, social-media accounts, online communities, and more—to help support you in life beyond diet culture. Of course, I can't be responsible for the contents of any publications other than my own, so I can't guarantee they'll be 100 percent trigger-free. But the resources on this list have helped my clients and/or informed my own anti-diet journey—and I have a feeling they'll help you on yours, too.

Books

Big Girl: How I Gave Up Dieting and Got a Life by Kelsey Miller

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

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

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

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

The Diet Survivor's Handbook: 60 Lessons in Eating, Acceptance and Self-Care by Judith Matz and Ellen Frankel

The Eating Instinct: Food Culture, Body Image, and Guilt in America by Virginia Sole-Smith

Embody: Learning to Love Your Unique Body (and Quiet That Critical Voice!) by Connie Sobczak

Resources

Every Body Yoga: Let Go of Fear, Get on the Mat, Love Your Body by Jessamyn Stanley

Fat Shame: Stigma and the Fat Body in American Culture by Amy Erdman Farrell

Fat!So?: Because You Don't Have to Apologize for Your Size by Marilyn Wann

Fearing the Black Body: The Racial Origins of Fat Phobia by Sabrina Strings

*The F*ck-It Diet: Eating Should Be Easy* by Caroline Dooner

The Gluten Lie: And Other Myths About What You Eat by Alan Levinovitz

The Intuitive Eating Workbook: Ten Principles for Nourishing a Healthy Relationship with Food by Evelyn Tribole and Elyse Resch

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

Lessons from the Fat-o-sphere: Quit Dieting and Declare a Truce with Your Body by Kate Harding and Marianne Kirby

Let It Out: A Journey Through Journaling by Katie Dalebout

Shrill: Notes from a Loud Woman by Lindy West

Things No One Will Tell Fat Girls: A Handbook for Unapologetic Living by Jes Baker

What's Wrong with Fat? by Abigail C. Saguy

You Have the Right to Remain Fat by Virgie Tovar

Websites and Blogs

My site: christyharrison.com

The Adipositivity Project: adipositivity.com

Association for Size Diversity and Health (ASDAH): sizediversityandhealth.org

Beauty Redefined: beautyredefined.org

Be Nourished: benourished.org

The Body Is Not an Apology: thebodyisnotanapology.com

Curvy Yoga: curvyyoga.com

Dances with Fat: danceswithfat.org

Dare to Not Diet: daretonotdiet.wordpress.com

Everyday Feminism: everydayfeminism.com

ImmaEATthat: immaeatthat.com

Isabel Foxen Duke: isabelfoxenduke.com

Resources

Linda Bacon, PhD: lindabacon.org
Melissa A. Fabello, PhD: melissafabello.com
The Militant Baker: themilitantbaker.com
Representation Matters: representationmatters.me
Virgie Tovar: virgietovar.com

Podcasts

Food Psych (my podcast) — christyharrison.com/foodpsych
Body Kindness: bodykindnessbook.com/podcast
The Bodylove Project: jessihaggerty.com/blppodcast
Dietitians Unplugged: dietitiansunplugged.libsyn.com
Don't Salt My Game: laurathomasphd.co.uk/category/podcast
Fearless Rebel Radio: summerinnanen.com/frr
Fresh Out the Cocoon: freshoutthecocoon.com/blogs/news
*The F*ck-It Diet Radio*: thefuckitdiet.com/tag/podcast
Love, Food: juliedillonrd.com/lovefoodpodcast
She's All Fat: shesallfatpod.com
Your Body, Your Brand: bodybrandpod.com

Social Media

Christy Harrison: @chr1styharrison on Instagram and Twitter
Linda Bacon: @lindabaconhaes on Twitter and Facebook
Jes Baker: @themilitantbaker on Instagram and Twitter
Megan Jayne Crabbe: @bodyposipanda on Instagram and @bodyposipanda_ on Twitter
Isabel Foxen Duke: @isabelfoxenduke on Instagram and Twitter
Caleb Luna: @chairbreaker on Instagram and @tummyfuq on Twitter
Meredith Noble: @madeonagenerousplan on Instagram and @generousplan on Twitter
Fiona Sutherland: @themindfuldietitian on Instagram and @FionaBodyPosAus on Twitter
Rebekah Taussig: @sitting_pretty on Instagram
Sonya Renee Taylor: @sonyareneetaylor on Instagram and @Sonyareneepoet on Twitter
Virgie Tovar: @virgietovar on Instagram and Twitter

Resources

Online Courses and Communities

Intuitive Eating Fundamentals: christyharrison.com/course
Body Kindness Spiral Up Club: bodykindnessbook.com/spiralup
The Intuitive Eating Moms Club: intuitiveeatingmoms.com
Lose Hate Not Weight Babecamp: virgietovar.com/babecamp
No More Weighting: The Body Trust® E-Course: [benourished.org/
no-more-weighting-the-body-trust-ecourse](http://benourished.org/no-more-weighting-the-body-trust-ecourse)
PCOS and Food Peace: pcosandfoodpeace.com
UNTRAPPED course: untrapped.com.au

Anti-Diet Health-Care Providers

Christy Harrison: christyharrison.com
Be Nourished: benourished.org
Kathleen Bishop, LCSW: bodypeaceliberation.com
The Certified Intuitive Eating Counselors Directory: [intuitiveeating
.org/certified-counselors](http://intuitiveeating.org/certified-counselors)
Sand Chang, PhD: sandchang.com
Carmen Cool, MA, LPC: carmencool.com
Lisa DuBreuil, LICSW: lisadubreuil.com
Marcie Evans, MS, RD, CEDRD-S: marcird.com
Dana Falsetti: danafalsetti.com
Kristy Fassio: rooted-heart.com
Aaron Flores, RDN: bvmrd.com
Lilia Graue, MD, LMFT: liliagrauemd.com
The HAES Community Registry: haescommunity.com/search
Jessi Haggerty, RDN, CPT: jessihaggerty.com
Sarah Harry, RYT: bodypositiveaustralia.com.au
Rachel Millner, PsyD: rachelmillner.com
Kylie Mitchell, MPH, RDN: immaeatthat.com/nutrition-counseling
Amy Pershing, LMSW, ACSW: thebodywiseprogram.com
Recovered Living: recoveredliving.com
Jennifer Rollin, MSW, LCSW-C: jenniferrollin.com
Rebecca Scritchfield, MA, RDN: bodykindnessbook.com
Victoria Welsby: fiercefatty.com
Fiona Willer, AdvAPD: healthnotdiets.com