

books

HAES™

EMBODY

Connie Sobzack
& Elizabeth Scott

ANTI-DIET

Christy Harrison

FU*K IT DIET

Caroline Dooner

SICK ENOUGH

Jennifer L. Guadiani

BODY KINDNESS

Rebecca Scritchfield

INTUITIVE EATING

Evelyn Tribole & Elyse Resch

THE BODY IS NOT AN APOLOGY

Sonya Renee Taylor

HUNGER: A MEMOIR OF (MY) BODY

Roxane Gay

NOT ALL BLACK GIRLS KNOW HOW TO EAT: A STORY OF BULIMIA

Stephanie Covington
Armstrong

THROUGH THICK AND THIN AND THICK AGAIN: A BLACK WOMAN'S JOURNEY WITH B.E.D.

Nettie Reeves-Lewis

A HUNGER SO WIDE AND SO DEEP: A MULTIRACIAL VIEW OF WOMEN'S EATING PROBLEMS

Becky Thompson

PREGNANCY & ED

BORN TO EAT

Leslie Schilling & Wendy Jo
Peterson

A MOM IN THE MIRROR

Dena Cabrera

THE RECOVERY MAMA GUIDE TO YOUR EATING DISORDER IN PREGNANCY AND POSTPARTUM

Linda McCabe

THE RECOVERY MAMA GUIDE TO EATING RECOVERY DURING PREGNANCY AND POST PARTUM

Dr. Linda Shanti

ELLYN SATTER INSTITUTE

RELIGIOUS

EATING DISORDERS AND CULTURE IN TRANSITION

Mervat Nasser

NOT ALL BLACK GIRLS KNOW HOW TO EAT: A STORY OF BULIMIA

Stephanie Covington
Armstrong

UNWORTHY WEIGHT: RECLAIMING YOUR WORTH FROM A NUMBER ON THE SCALE AND FINDING YOUR TRUE IDENTITY IN CHRIST

Kristen Williams

HOPE FOR THE HOLLOW

Jena Morrow

instagram

HAES™

@yrfatfriend

@bodyposipanda

@with_this_body

@chr1styharrison

@bodyimagewithbri

@encouragingdietitian

@your.latina.nutritionist

@feelgooddietitian

@murrarynutrition

@kids.eat.in.color

@heytyffanyroe

PREGNANCY & ED

@thenutritiontea

@fatpositivefertility

@nicolecruzrd

@feedinglittles

@kids.eat.in.color

@nicolecruzrd

@womens.prenatal.dietitian

@crystalkarges

@4thtribodies

@prenatal_nutritionist

@mid.drift.movement

RELIGIOUS

@dranjabeenashraf

@muslim.thrive

@imamomarsuleiman

@lvernon2000

@amuslimdietitian

@wholesomestartd

@dietitian.rachelgoodman

@fatpositivetherapy

@body_truth

@nourishsupport

support groups

PREGNANCY & ED

<https://www.crystalkarges.com/lift-the-shame-online-support-group>

blog post

PREGNANCY & ED

CRYSTAL KARGES NUTRITION
BLOG: PREGNANCY &
POSTPARTUM

podcasts

HAES™

BODY KINDNESS

FOOD PSYCH

EVERY BODY

THE LOVE, FOOD PODCAST

PHIT FOR A QUEEN

BODY IMAGE WITH BRI

PREGNANCY & ED

THE NURTURED MAMA

THE BODY IMAGE PODCAST:
S3 EP 10.

RELIGIOUS

ED MATTERS: EP 48 & 79