

Looking for more information ?

FURTHER INFORMATION ABOUT DISORDERED EATING RECOVERY, NON DIET APPROACHES TO HEALTH, BODY IMAGE AND HEALING THE RELATIONSHIP WITH FOOD AND BODY.

BOOKS /AUDIOBOOK

Intuitive eating, 4th Edition

Evelyn Tribole MS RDN, Elyse Resch MS RDN

The Intuitive eating workbook

Evelyn Tribole MS RDN, Elyse Resch MS RDN

Just Eat It: How Intuitive Eating Can Help You...

Laura Thomas

Women food and God

Geneen Roth

Life without ED

Jenni Schaefer



Goodbye ED, hello me

Jenni Schaefer

Eating in the light of the moon

Anita Johnston

8 Keys to recovery from an eating disorder

Carolyn Costin and Gwen Schubert Grabb

Anti-Diet: Reclaim Your Time, Money, Well-Being
and Happiness Through Intuitive Eating

Christy Harrison

Body of truth

Harriet Brown



Eat What You Love, Love What You Eat with
Diabetes: A Mindful Eating Program for Thriving with
Prediabetes or Diabetes

Michelle May, M.D. and Megrette Fletcher, M.Ed., RD,
CDE

Eat What You Love, Love What You Eat for Students.
Mindful Eating Program to Fuel the Life You Crave

Michelle May, M.D.

If not Dieting then what?

Dr Rick Kausman

Small acts of disappearance

Fiona Wright

the anxiety journal

Marcia Mihotich and Corinne Sweet

Embody

Connie Sobczak, Elizabeth Scott

The body image workbook

T Cash

The mindfulness and acceptance workbook for body
image

Emily K. Sandoz, Kelly Wilson, Troy DuFrenE

BOOKS /AUDIOBOOK

Health at Every Size

The Surprising Truth About Your Weight

Linda Bacon

Body Respect: What Conventional Health Books Get
Wrong, Leave Out, and Just Plain Fail to Understand
about Weight

Lindo Bacon and Lucy Aphramor

Body Kindness: Transform Your Health from the Inside
Out--And Never Say Diet Again

Rebecca Scritchfield

Daring Greatly

How the Courage to Be Vulnerable Transforms the
Way We Live, Love, Parent, and Lead

Brené Brown

The Body is not an apology

Sonya Renee Taylor

BOOKS /AUDIOBOOK



Eat What You Love, Love What You Eat:
A Mindful Eating Program to Break Your Eat-Repent-
Repeat Cycle
Michelle May, M.D.

Eat What You Love, Love What You Eat for Binge
Eating:
A Mindful Eating Program for Healing Your
Relationship with Food and Your Body
Michelle May, MD and Kari Anderson, DBH, LPC

Mastering your mean girl
Melissa Ambrosini

The Rules of "Normal" Eating
A Commonsense Approach for Dieters, Overeaters,
Undereaters, Emotional Eaters, and Everyone in
Between!
Karen R Koeing

Your Dieting Daughter
Antidotes Parents can Provide for Body Dissatisfaction,
Excessive Dieting, and Disordered Eating
Carolyn Costin

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

Just Eat It - How intuitive eating can help you get your
shit together around food
Laura Thomas PhD

Mindful Moment
Louise Adams

Eat Like An Athlete
Simone Austin

Anorexia nervosa: A recovery guide for sufferers,
families and friends
Janet Treasure

Boys get anorexia too
Jenny Langley

Brave Girl Eating
Harriet Brown

The overcoming bulimia workbook
Maccabe R

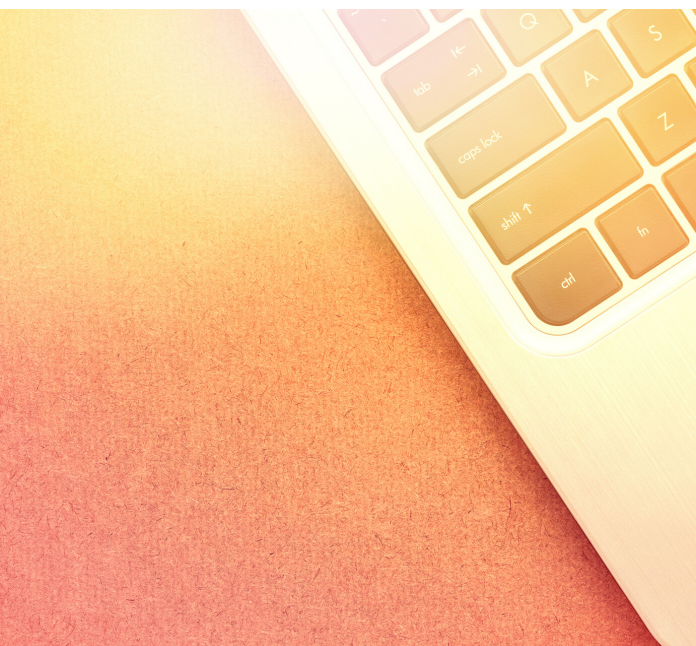
Shrill
Lindy West

Dietland
Sarai Walker

PODCASTS

Love, Food
Food psych
F*uck it Diet Podcast
What the hell do I Eat?
The Full bloom podcast
Thinking Nutrition
Body Kindness
Fearless Rebelle Radio
Chris Sandel's podcast Real Health Radio
The Bod Cast
Don't salt my game
All fired up
Unpacking weight science
Everybody podcast
Therapy thoughts
RD Real Talk

Do No Harm - DeAun Nelson (* particularly for Health Professionals)
All Fired Up - Louise Adams
Body Kindness - Rebecca Scritchfield
Do No Harm - DeAun Nelson (* particularly for Health Professionals)
Don't Salt My Game - Laura Thomas
ED Matters - Gurze/Salucore
Everybody Podcast - Daria Matza
Food Psych - Christy Harrison
Finding Body Freedom - Caitlin Croteau
Nutrition Matters - Paige Smathers
Love Food - Julie Duffy Dillon
PCOS and Food Peace - Julie Duffy Dillon
The BodyLove Project - Jessie Haggerty



ONLINE COURSES

Intuitive Eating Fundamentals online course
Christy Harrison

Untrapped Online Course
Louise Adams

PCOS and Food Peace Course
Julie Duffy Dillon

EAT LOVE LIVE

www.eatlovelive.com.au