

CLIENT RESOURCES:

BOOKS & AUDIOBOOKS:

For adults:

Title	Author	Audiobook?
Intuitive eating, 4th Edition	Evelyn Tribole MS RDN, Elyse Resch MS RDN	Yes
The Intuitive eating workbook	Evelyn Tribole MS RDN, Elyse Resch MS RDN	Yes
Just Eat It: How Intuitive Eating Can Help You...	Laura Thomas	Yes
Women Food and God	Geneen Roth	Yes
Life without ED	Jenni Schaefer	Yes
Goodbye ED, hello me	Jenni Schaefer	Yes
Eating in the light of the moon	Anita Johnston	Yes
8 Keys to recovery from an eating disorder	Carolyn Costin and Gwen Schubert Grabb	Yes
Anti-Diet: Reclaim Your Time, Money, Well-Being and Happiness Through Intuitive Eating	Christy Harrison	Yes
Body of Truth	Harriet Brown	Yes
Small Acts of Disappearance	Fiona Wright	No
The Anxiety Journal	Marcia Mihotich and Corinne Sweet	No
Embody	Connie Sobczak	Yes
The body image workbook	Thomas Cash	No

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Eat What You Love, Love What You Eat	Michelle May	Yes
Eat What You Love, Love What You Eat with Diabetes: A Mindful Eating Program for Thriving with Prediabetes or Diabetes	Michelle May and Megrette Fletcher	Yes
Eat What You Love, Love What You Eat for Students. Mindful Eating Program to Fuel the Life You Crave	Michelle May	Yes
If not Dieting then what?	Dr. Rick Kausman	No
Health at Every Size The Surprising Truth About Your Weight	Dr Lindo Bacon	Yes
Body Respect: What Conventional Health Books Get Wrong, Leave Out, and Just Plain Fail to Understand about Weight	Lindo Bacon and Lucy Aphramor	Yes
Body Kindness: Transform Your Health from the Inside Out--And Never Say Diet Again	Rebecca Scritchfield	Yes
Daring Greatly: How the Courage to Be Vulnerable Transforms the Way We Live, Love, Parent, and Lead	Brené Brown	Yes
The Body is not an apology	Sonya Renee Taylor	Yes
Mastering your Mean Girl	Melissa Ambrosini	Yes
The Rules of "Normal" Eating: A Commonsense Approach for Dieters, Overeaters, Undereaters, Emotional Eaters, and Everyone in Between!	Karen R Koeing	No
Your Dieting Daughter: Antidotes Parents can Provide for Body Dissatisfaction, Excessive Dieting, and Disordered Eating	Carolyn Costin	No
The F*ck It Diet: Eating Should Be Easy	Caroline Dooner	Yes

Mindful Moment	Louise Adams	No
Eat Like An Athlete	Simone Austin	No
Anorexia nervosa: A recovery guide for sufferers, families and friends	Janet Treasure	No
Boys get anorexia too	Jenny Langley	No
Brave Girl Eating	Harriet Brown	Yes
The overcoming bulimia workbook	Randi E. McCabe	No
Shrill	Lindy West	Yes
Dietland	Sarai Walker	Yes
Beyond a Shadow of a Diet	Ellen Frankel & Judith Matz	No
Sick Enough	Jennifer Gaudiani	Yes
Nourish: How to Heal Your Relationship with Food, Body, and Self	Heidi Schauster	Yes
No Period, Now What?	Nicola Rinaldi	No
Fat and Fertile	Nicola Salmon	No
The Gifts of Imperfection	Brene Brown	Yes
Regaining yourself: Understanding and conquering the eating disorder identity	Ira Sacker	No

For children and teenagers:

Title:	Author:	Age:	Link:
Your Body Is Awesome	Sigrun Danielsdottir	6-8	Your Body is Awesome
Listening to My Body	Gabi Garcia	8-12	Listening to My Body : A Guide to Helping Kids Understand the Connection Between Their Sensations (What the Heck Are Those?) and Feelings So That They Can Get Better at Figuring Out What They Need.

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Shapesville	Andy Mills & Becky Osborn	0-5	Shapesville
Celebrate Your Body (and it's Changes too!)	Sonya Renee Taylor	Girls: 10-14	Celebrate Your Body (and Its Changes, Too!) : The Ultimate Puberty Book for Girls
What I Like About Me!	Allia Zobel Nolan	3-5	What I Like About Me!
Fat Kid Rules the World	K.L. Going	10-17	Fat Kid Rules the World
Diary of a Wimpy Kid: The Ugly Truth	Jeff Kinney	8-17	Diary of a Wimpy Kid: The Ugly Truth
Love Your Body	Jess Sanders	6+	Love your body
A Non-Diet, Body Positive Approach to Building a Healthy Relationship with Food	Elyse Resch	12+	The Intuitive Eating Workbook for Teens
Brontorina	James Howe	4-8	Brontorina
The Boy Who Grew Flowers	Jen Wojtowicz	4-8	The Boy Who Grew Flowers
Beautiful Girl	Christiane Northrup	3-7	Beautiful Girl: Celebrating the Wonders of Your Body,
Wonder	R.J. Palacio	8-12	Wonder
The Second Life of Abigail Walker	Frances O'Roark Dowell	8-12	The Second Life of Abigail Walker
Stand Tall, Molly Lou Melon	Patty Lovell	0-5	Stand Tall, Molly Lou Melon
Little Miss Jessica Goes to School	Jessica Smith	4-8	Little Miss Jessica Goes to School
The Whale Who Wanted to be Small	Gill McBarnet	6-9	The Whale Who Wanted to be Small
I Like Myself!	Karen Beaumont	6-8	I Like Myself!
Amanda's Big Dream	Judith Matz	4-10	Amanda's Big Dream

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I Am Enough	Grace Byers	4-13	I Am Enough
Freckleface Strawberry	Julianne Moore	3-8	Freckleface Strawberry
Smile	Raina Telgemeier	8-12	Smile