

CLIENT RESOURCES:

BOOKS & AUDIOBOOKS:

For adults:

Title	Author	Audiobook?
Food Freedom / Non-diet / Intuitive Eating		
Intuitive Eating, 4th Edition The Intuitive Eating Workbook	Evelyn Tribole MS RDN, Elyse Resch MS RDN	Yes
Just Eat It How to Just Eat It: Step-By-Step Guide	Laura Thomas	Yes No
Women Food and God Breaking Free From Emotional Eating	Geneen Roth	Yes Yes
Anti-Diet: Reclaim Your Time, Money, Well-Being and Happiness Through Intuitive Eating The Wellness Trap	Christy Harrison	Yes Yes
Eat What You Love, Love What You Eat Eat What You Love, Love What You Eat for Students. Mindful Eating Program to Fuel the Life You Crave	Michelle May	Yes 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
If not Dieting then what?	Dr. Rick Kausman	No
Health at Every Size: The Surprising Truth About Your Weight	Dr Lindo Bacon	Yes
The Rules of "Normal" Eating: A Commonsense Approach for Dieters.	Karen R Koeing	No

Overeaters, Undereaters, Emotional Eaters, and Everyone in Between!		
The F*ck It Diet: Eating Should Be Easy	Caroline Dooner	Yes
Brave Girl Eating	Harriet Brown	Yes
Insta-Food Diet	Pixie Turner	Yes
The No Need to Diet Book		No
Food Therapy		Yes
Food isn't Medicine	Dr. Joshua Wolrich	Yes
Unapologetic Eating	Alissa Rumsey	Yes
Nourish: How to Heal Your Relationship with Food, Body, and Self	Heidi Schauster	Yes
Dietland	Sarai Walker	Yes
Hanger Management	Susan Albers	Yes
Eating Disorders		
Life without ED	Jenni Schaefer	Yes
Goodbye ED, hello me		
Eating in the Light of the Moon	Anita Johnston	Yes
8 Keys to Recovery From an ED	Carolyn Costin, Gwen Schubert Grabb	Yes
Small Acts of Disappearance	Fiona Wright	No
Anorexia nervosa: A recovery guide for sufferers, families and friends	Janet Treasure	No
Boys Get Anorexia Too	Jenny Langley	No
The Overcoming Bulimia Workbook	Randi E. McCabe	No
Regaining yourself: Understanding and conquering the eating disorder identity	Ira Sacker	No
Beyond a Shadow of a Diet	Ellen Frankel & Judith Matz	No
Sick Enough	Jennifer Gaudiani	Yes

Body Image / Self-Trust		
Body of Truth	Harriet Brown	Yes
Embody: Learning to Love Your Unique Body	Connie Sobczak	Yes
The Body Image Workbook	Thomas Cash	No
Body Respect: What Conventional Health Books Get Wrong, Leave Out, and Just Plain Fail to Understand about Weight	Lindo Bacon and Lucy Aphramor	Yes
The Body is Not an Apology	Sonya Renee Taylor	Yes
Fattily Ever After	Stephanie Yeboah	Yes
Happy Fat: Taking Up Space in a World That Wants to Shrink You	Sofie Hagen	Yes
More Than a Body: Your Body Is An Instrument, Not An Ornament	Lexie Kite, Lindsay Kite	Yes
Daring Greatly: How the Courage to Be Vulnerable Transforms the Way We Live, Love, Parent, and Lead	Brené Brown	Yes
Shrill	Lindy West	Yes
Fat and Fertile	Nicola Salmon	No
What We Don't Talk About When We Talk About Fat	Aubrey Gordon	Yes
Fearing the Black Body: The Racial Origins of Fat Phobia	Sabrina Strings	Yes
Mental Health / Self-Love		
The Anxiety Journal	Marcia Mihotich, Corinne Sweet	No
Hope and Help For Your Nerves: End Anxiety Now	Claire Weekes	Yes
Mastering your Mean Girl	Melissa Ambrosini	Yes
Loving Bravely: Twenty Lessons of Self-Discovery to Help You Get the Love You Want	Alexandra H. Solomon	Yes

The Gifts of Imperfection	Brené Brown	Yes
How Emotions Are Made	Lisa Feldman Barrett	Yes
Fitness		
Mindful Moment	Louise Adams	No
Eat Like An Athlete	Simone Austin	No
Train Happy: An Intuitive Exercise Plan For Every Body	Tally Rye	No
No Period, Now What?	Nicola J. Rinaldi	No
Fitness For Every Body: Strong, Confident and Empowered at any Size	Meg Boggs	Yes
Every Body Yoga: Let Go of Fear, Get On the Mat, Love Your Body	Jessamyn Stanley	No
Fat Yoga - Yoga For All Bodies	Sarah Harry	No

For parents:

Title:	Author	Audiobook?
Your Dieting Daughter: Antidotes Parents can Provide for Body Dissatisfaction, Excessive Dieting, and Disordered Eating	Carolyn Costin	No
Fat Talk: Parenting in the Age of Diet Culture	Virginia Sole-Smith	Yes
How to Nourish Your Child Through an Eating Disorder	Casey Crosbie, Wendy Sterling	Yes
Help Your Teenager Beat an Eating Disorder	James Lock, Daniel Le Grange	Yes
When Your Teen Has an Eating Disorder: Practical Strategies to Help Your Teen Recover from Anorexia, Bulimia, and Binge Eating	Lauren Muhlheim	Yes

For children and teenagers:

Title:	Author	Age Group:	Audiobook?
Your Body Is Awesome: Body Respect for Children	Sigrun Danielsdottir, Bjork Bjarkadottir	4 years and up	No
Listening to My Body	Gabi Garcia	8-12 years	No
Shapesville	Andy Mills, Becky Osborn	3-8 years	No
Celebrate Your Body (and it's Changes too!)	Sonya Renee Taylor	Girls 8-12 years	Yes
What I Like About Me!	Allia Zobel Nolan	2-4 years	No
Fat Kid Rules the World	K.L. Going	10-17 years	Yes
Diary of a Wimpy Kid: The Ugly Truth	Jeff Kinney, Carmen McCullough	8+ years	Yes
Love Your Body	Jessica Sanders	8-12 years	No

A Non-Diet, Body Positive Approach to Building a Healthy Relationship with Food	Elyse Resch	13 years and up	No
Brontorina	James Howe	Preschool - 3 years	No
The Boy Who Grew Flowers	Jen Wojtowicz	4-10 years	No
Beautiful Girl	Christiane Northrup	3-7 years	No
Wonder	R.J. Palacio	8-12 years	Yes
The Second Life of Abigail Walker	Frances O'Roark Dowell	8-12 years	Yes
Stand Tall, Molly Lou Melon	Patty Lovell	2-6 years	Yes
Little Miss Jessica Goes to School	Jessica Smith	4-9 years	No
The Whale Who Wanted to be Small	Gill McBarnet	7-9 years	No
I Like Myself!	Karen Beaumont	Baby - 4 years	No
Amanda's Big Dream	Judith Matz	5-12 years	No
I Am Enough	Grace Byers	4-8 years	Yes
Freckleface Strawberry	Julianne Moore	4-8 years	No
Smile	Raina Telgemeier	8-11 years	No
No Weigh! Teen's Guide to Positive Body Image, Food, and Emotional Wisdom	Shelley Aggarwal, Signe Darpinian	13-16 years	No
Under Our Clothes: Our First Talk About Our Bodies	Dr. Jilian Roberts	6-8 years	No
Her Body Can	Katie Crenshaw, Ady Meschke	2-7 years	No

The Body Image Book for Boys	Charlotte Markey, Daniel Hart	12+ years	No
The Body Image Book for Girls	Charlotte Markey	12-17 years	No