



# Resources

## Read

**Intuitive Eating** by Evelyn Tribole and Elyse Resch

**Body Respect** by Linda Bacon and Lucy Aphramor

**Health at Every Size** by Linda Bacon

**Embody** by Connie Sobczak

**Body of Truth** by Harriet Brown

## Listen

### SELF-COMPASSION

Ep 70 Don't Salt My Game | Body Image, Self-Compassion, and Food Addiction

Ep 9 Therapy Thoughts | Perfectionism

Ep 10 [Season 2] HeartSpace | Self-Compassion, Healthy Boundaries, and Perfectionism

### REJECT DIETING

Ep 6 Therapy Thoughts | Intuitive Eating

Ep 36 Don't Salt My Game | What We Get Wrong About Weight and Health

Ep 56 Don't Salt My Game | The Low Down on the Non-Diet Approach

Ep 86 Don't Salt My Game | Will Intuitive Eating Help Me Lose Weight + Other FAQs

Ep 89 Don't Salt My Game | Blowing the Lid Off Weight Science

### PERMISSION

Ep 30 Eating With Grace | Challenging the Good Food vs Bad Food Mentality

Ep 101 Nutrition Matters | The Power of Permission

Ep 116 Nutrition Matters | Letting Go of Shoulds With Food

### HUNGER/FULLNESS/SATISFACTION

Ep 4 Therapy Thoughts | Self-Care

Ep 11 Therapy Thoughts | Boundaries

### MOVEMENT

Ep 140 Food Psych | How to Heal From Over-Exercise and Find Joyful Movement

## Listen

### EMOTIONAL EATING

Ep 110 Nutrition Matters | How to Feel Your Feelings  
Ep 74 Food Psych | The Truth About Emotional Eating  
Ep 30 The BodyLove Project | Isabel Foxen Duke on Emotional Eating  
Ep 5 Therapy Thoughts | Emotional Regulation  
Ep 7 Therapy Thoughts | Mindfulness

### BODY IMAGE

Ep 3 Therapy Thoughts | Body Image  
Ep 37 Nutrition Matters | Ways to Work Through Problematic Self-Talk  
Ep 105 Nutrition Matters | But, I Don't Want to Accept This Body

### GENTLE NUTRITION

Ep 168 Food Psych | Gentle Nutrition vs Diet Culture Nutrition  
Ep 90 Nutrition Matters | Exploring Normal Eating  
Ep 92 Nutrition Matters | How to Care About Your Eating Without Caring Too Much

### WOMEN'S HEALTH + HORMONES

Ep 66 Don't Salt My Game | Guts, Periods, and Hormones  
Ep 74 Don't Salt My Game | People With PCOS Can Totally Eat Birthday Cake  
Ep 45 The BodyLove Project | Hormone Health Through a Health At Every Size Lens  
Ep 54 The BodyLove Project | No Period, Now What?  
Ep 80 Nutrition Matters | Why Women With PCOS Don't Need to Torture Themselves With Diets  
Ep 118 Nutrition Matters | Exploring Hormonal Health

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