

# A Selection of My Favourite Books

*On Intuitive Eating, Weight Science, Body Image & Non-Diet Health*



## **Intuitive Eating (English)**

### **Intuitive Eating – A revolutionary Anti-Diet Approach (2020)**

Evelyn Tribole MS RDN CEDS-S & Elyse Resch MS RDN CEDS-S

### **The Intuitive Eating Workbook: Ten Principles for Nourishing a Healthy Relationship with Food (2017)**

Evelyn Tribole MS RDN CEDS-S & Elyse Resch MS RDN CEDS-S

### **Intuitive Eating for Every Day: 365 Daily Practices & Inspirations to Rediscover the Pleasures of Eating (2021)**

Evelyn Tribole MS RDN CEDS-S

### **Anti-Diet -Reclaim your time, money, well-being and happiness through Intuitive Eating (2016)**

Christy Harrison MPH RD

### **Just Eat It – How Intuitive Eating can help you get your shit together around food (2019)**

Laura Thomas RD PHD

## **Intuitive Eating (German)**

### **Gesundheit kennt kein Gewicht (2022)**

Petra Schleifer & Dr Antonie Post

## **Health At Every Size® & Weight Science**

### **Health at Every Size: The Surprising Truth About Your Weight (2010)**

Lindo Bacon PhD

### **Body Respect: What Conventional Health Books Get Wrong, Leave Out, and Just Plain Fail to Understand about Weight (2014)**

Lindo Bacon PhD & Lucy Aphramor PhD RD

## **Debunking Food & Weight Myths**

### **Food is not medicine- Know the Facts (2021)**

Dr Joshua Wolrich

### **You just need to lose weight – and 19 other myths about fat people (2023)**

Aubrey Gordon

## **Body Image**

### **More Than A Body: Your Body Is an Instrument, Not an Ornament (2021)**

Lexie Kite PhD & Lindsay Kite PhD

## Related subjects

### **Reclaiming Body Trust – A path to healing & liberation (2022)**

Hilary Kinavey MS LPC & Dana Sturtevant MS RD

### **Body Kindness (2016)**

Rebecca Scritchfield RD

### **The Body is Not An Apology - The Power of Radical Self-Love**

Sonya Renee Taylor

### **The Wellness Trap -Break Free from Diet Culture, Disinformation, and dubious Diagnoses (2023)**

Christy Harrison MPH RD

## Intuitive Eating for Kids

### **How to Raise An Intuitive Eater – Raising the Next Generation with Food and Body Confidence (2022)**

Sumner Brooks MPH RDN & Ameer Severson MPP-D RDN

## Body Image for Kids

### **Her Body Can (2020)**

Katie Crenshaw (4-7yrs) (English).

### **Love Your Body (2020)**

Jessica Sanders (2-12yrs) (English & German).

### **Be You Own Man (2020)**

Jessica Sanders (8-12 or 6-7 with adult support) (English & German)

### **The Body Image Book for Girls (2020)**

Dr Charlotte Markey (12-17yrs) (English).

### **Being You: The Body Image Book for Boys (2022)**

Dr Charlotte Markey, Daniel Hart & Douglas Zacher (from 12 years) (English).

### **Big (2023)**

Vashti Harrison

## Diet culture and kids

### **Fat Talk – Coming of Age in Diet Culture (2023)**

Virginia Sole-Smith



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