

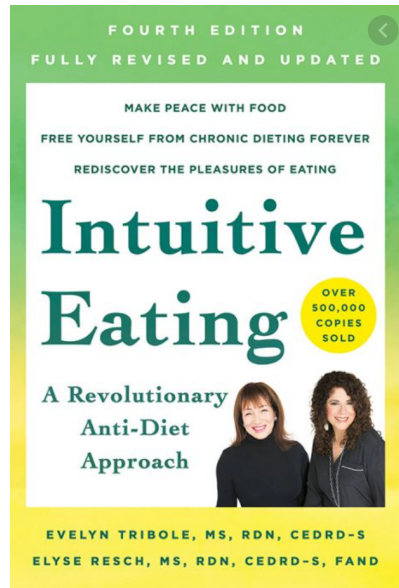
# Books I Recommend

If you want to supplement any of this work with more information

## **Intuitive Eating, 4th Edition: A Revolutionary Anti-Diet Approach**

Evelyn Tribole, M.S., R.D.  
Ellyse Resch, M.S., R.D., F.A.D.A.

The book that started it all! This book is the intuitive eating bible. It is the full explanation of all the principles. I recommend the 4th edition because it is more informed regarding body image stuff and updated. My program is based on the foundation of intuitive eating and ultimately this is the place we will get to, so if you want to supplement your learning this is a GREAT place to start :)



## **The Body Is Not An Apology**

Sonya Renee Taylor

Powerful, truthful, inspiring words that validate the social injustices of weight stigma we are victims to (and sometimes perpetrators of...). It's not your traditional "love your body" BS, it will be thought-provoking and challenging but lead you to make changes and find radical self-love.

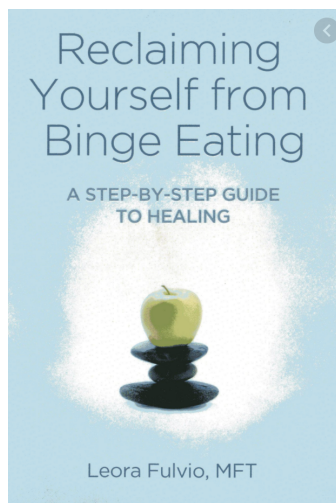


# Books I Recommend

## **Reclaiming Yourself from Binge Eating: A Step-By-Step Guide to Healing**

Leora Fulvio, MFT

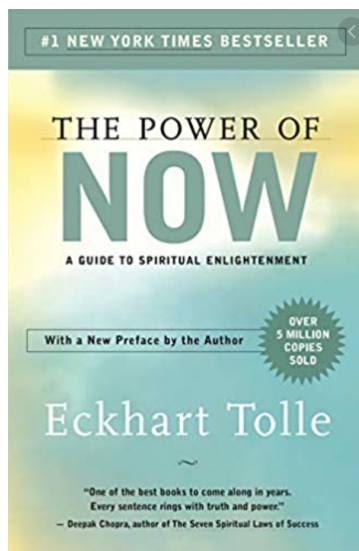
This is the ONLY binge eating-specific book I will recommend. I have read many, and so many are filled with diet culture BS and shame. This one follows similar practices you will find in BTB Society and has more of a gentle, intuitive approach.



## **The Power of Now: A Guide to Spiritual Enlightenment**

Eckhart Tolle

This one is not food related at all, but was SO profoundly helpful in my recovery. Through this book I learned to take every moment as it was, without worrying too much about the past or trying too hard to control my future. To just be. Learning to become present to each and every moment through this book, meditation, and practice was not only helpful to my food freedom journey but also to my life. I learned to stay in the NOW. I started to view my pain and suffering from a different lens. I learned to let go of some control of my life, and find a peaceful level of acceptance for things that were out of my control.

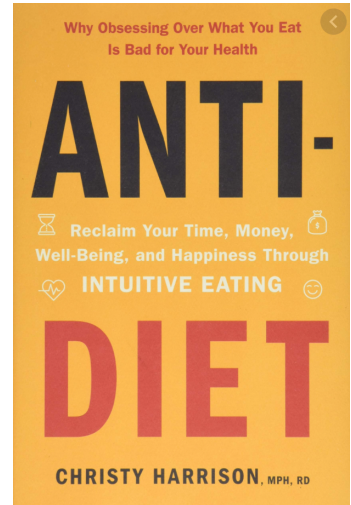


# Books I Recommend

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

Christy Harrison, MPH, RD

Another intuitive eating book that dives even deeper into some of the history and problematic research surrounding weight, nutrition, and health.



## **I Thought It Was Just Me (but it isn't): Making the Journey from "What Will People Think?" to "I Am Enough"**

Brené Brown

I listened to this on Audible and DAMN I was inspired. I walked away from each chapter feeling like it was ok to be authentically me, even if that meant going against the status quo. When we ditch diet culture, we will be going against social norms. This may come with guilt, shame, and second-thoughts. If this comes up for you, give this read a try and search for Brené's ted talk on youtube!

