



# Love Your Body Week 2023:

## Resource List



### Providers:

- [Certified Body Trust Providers](#)
- [HAES Provider List](#)- will be posted in later 2023
- [Superfit Hero Community](#)

### Books:

- [The Body is Not an Apology: The Power of Radical Self Love](#) by Sonya Renee Taylor
- [Fearing the Black Body: The Racial Origins of Fat Phobia](#) by Sabrina Strings
- [Anti-Diet](#) by Christy Harrison
- [Shrill: Notes from a Loud Woman](#) by Lindy West
- [You Have the Right to Remain Fat](#) by Virgie Tovar
- [Things No One Will Tell Fat Girls](#) by Jes Baker
- [What We Don't Talk About When We Talk About Fat](#) by Aubrey Gordon
- [Fat Girls in Black Bodies](#) by Dr. Joy Cox
- [Embody: Learning to Love Your Unique Body \(and quiet that critical voice!\)](#) by Connie Sobczak, Founder of The Body Positive
- [Body Positive Power](#) by Megan Jayne Crabbe
- [Landwhale: On Turning Insults Into Nicknames](#) by Jes Baker
- [The Self-Love Revolution: Radical Body Positivity for Girls of Color](#) by Virgie Tovar
- [Belly of the Beast](#) by Da-Shaun Harrison
- Fat Studies [reader](#)
- ["You Just Need to Lose Weight" and 19 Other Myths About Fat People](#) - Aubrey Gordon
- [Reclaiming Body Trust®: A Path to Healing and Liberation](#) by Hilary Kinavey and Dana Sturtevant
- [Fat Girls Hiking](#) Book (Copy of this book in the [PSU Outdoor Program Office](#))

### Podcasts:

- [Unsolicited](#) podcast
- [Food Psych](#) by Christy Harrison

- [Maintenance Phase](#) by Aubrey Gordon and Michael Hobbs
- [Rebel Eaters Club](#) by Virgie Tovar
- [She's All Fat](#) Pod by April Quioh
- [Hearing Our Own Voice Podcast](#) by Melissa Toler
- Mindful Meanderings- [Body Gratitude](#)

## Websites:

- [Center for Body Trust](#)
- [ASDAH](#)
- [Lindo Bacon](#)
- [Ragen Chastain](#)
- [Your Fat Friend aka Aubrey Gordon](#)
- [Theeverybodyisbeautifulproject](#)
- [The Body Is Not An Apology](#)
- [10 Principles of Intuitive Eating](#)
- [Intuitive Eating Resources](#)
- [Fat Chat with Campus Rec](#)
- [Chef Fresh](#)- (who participated in LYBW last year, see the recording, [here](#))
- [Sonalee Rashatwar](#)
- [Yesika Salgado](#)
- [Charlotte Cooper](#)
- [Dare Not to Diet](#)

## Scientific Research & Other Articles:

- Lindo Bacon & Lucy Aphramor (2011): "[Weight Science: Evaluating the Evidence for a Paradigm Shift.](#)" *Nutrition Journal*, 10:9.
- Tracy Tylka et al. (2014): "[The Weight-Inclusive versus Weight-Normative Approach to Health: Evaluating the Evidence for Prioritizing Well-Being over Weight Loss.](#)" *Journal of Obesity*, volume 2014.
- Maya Vadiveloo & Josiemer Mattei (2017): "[Perceived Weight Discrimination and 10-Year Risk of Allostatic Load Among US Adults.](#)" *Annals of Behavioral Medicine*, 51:1.
- [Other resources](#) for Healthcare providers from Lindo Bacon
- [HAES Health Sheets](#)- Created by Ragen Chastain

## Social Media

### Body Image and Body Positivity:

- [FatphobiaSlayer](#)- Anonymous account (she/her), queer, fat activist

- [Blackandembodied-](#) Alishia McCullough (she/her), Therapist, Author, Body Liberation Activist
- [Ohhhhhhhhhhhoney](#) - Sydney Grace (she/her), plus size fashion + from ED recovery
- [Sofiehagendk](#) - Sofie Hagen (she/they/he), activist, influencer, fat visibility
- [lamannachapman](#) - Anna Chapman (she/they), activist, influencer, yoga teacher
- [Bodyimage\\_therapist](#) - Ashlee Bennett (she/her), art therapist, author
- [Notquitebeyonce-](#) Savala Trepczynski (she/her), Writer, lawyer, lecturer
- [Bodyimage\\_therapist-](#) Ashlee Bennett, AThR(She/her), Art therapist, counselor & author
- [Virgietovar-](#) Author, Activist
- [Antidietriotclub-](#) Community Organization, creating anti- diet and fat positive spaces
- [Bodyposipanda-](#) Megan Jayne Crabbe (she/her), author, creator,
- [Themilitantbaker-](#) Jes Baker (she/her), body image and mental health coach
- [Thefatsextherapist-](#) Sonalee (she/they) LCSW MEd, trauma therapist
- [Saucyewest-](#) plus size model, activist, speaker, author, influencer
- [Hannahtalksbodies-](#) Hannah Fuhlendorf MA LPCC, Counselor, Fat Liberation & HAES Advocate
- [Dawn\\_serra-](#) Dawn Serra (she/her), Body trust, Pleasure, & Relationship Coach
- [Melissadtoler-](#) Melissa Toler (She/Her), Writer, speaker, host of Hear Our Own Voice Podcast
- [Sparklejams-](#) Tracy Cox(she/her), singer, Fat Liberation Artist + Activist
- [Ragenchastain-](#) (she/her), Speaker, Writer, Activist, Athlete
- [Fatpositivefertility-](#) Nicola Salmon (She/her), fertility coach, Author, Activist, Speaker
- [Entirelytalia-](#) Talia Cooper
- [Notoriouslydapper](#)
- [Theeverymanproject](#)
- [Zachmiko](#)
- [Johodaniels](#)
- [Abeardnamedtroy](#)
- [Ryan Sheldon](#)
- [Erikcavanaugh](#)
- [Marquimode](#)
- [mattmcgorry](#)

## Intersectional anti-racism body positive accounts:

- [Rachel.cargle](#)
- [Laylafsaad](#)
- P.s.kaguya
- [Adriennemareebrown](#)
- [ljeomaoluo](#)
- [Glennondoyle](#) - author
- [Sonyareneetaylor-](#) Author, and activist, founder of [Thebodyisnotanapology](#)
- Taranajaneen
- [Fatchicanafeminist](#) - Chicanafeminist Fat brown Xicana

- [Fatfairygodmuva](#)- Fat positive, Queer, Body Liberation Organizer
- [Hess2love](#) - Hess Love: writer, BIPOC
- [Mckensiemack](#) - Mckensie (They/Them), Activist and Educator

## Intuitive eating/eating disorder support accounts:

- [Chr1styharrison](#) - Christy Harrison (she/her), MPH, RD, CDN, Author, Podcast Host, Intuitive eating & anti-diet dietitian
- [Fyeahmfabello](#) - Melissa A. Fabello, PhD, Political wellness education.
- [Nourishandeat](#) - Gina Susanna, therapy + eating disorder recovery
- [Theintuitive\\_rd](#) - Kirsten Ackerman, MS, RD, CDN, Anti-Diet Dietitian
- [Evelyntribole](#) - Evelyn Tribole MS RDN CEDRD-S, Author, educator
- [Immaeatthat](#) - Kylie Mitchell, MPH, RDN, LD
- [Kenziebrenna](#) - Kenzie Brenna (she/her),
- [Saggysara](#) - Sara Puhto (she/her)
- [Theshirarose](#)- Eating disorder therapist, LCSW, body positive style blogger.
- [Thethicknutritionist](#) - Tash, non-diet nutritionist, POC
- [Encouragingdietitian](#) - Christyna, non-diet nutritionist, POC
- [Fatdoctoruk](#) - HAES aligned, medical doctor
- [Bodybravecanada](#)- Eating Disorder Treatment & Support based in Canada
- [Thetrillrd](#)- Ayana Habtemariam MSW, RD, LDN
- [Reclaimingourplate](#) - collective of Black dietitians
- [@erinphillipsnutrition](#)

## Art accounts:

- [Shooglet](#) - Sugar (they/them) is an artist/photographer.
- [Frances\\_cannon](#) - Frances (she/they) is a queer artist in Australia
- [Ashlukadraws](#) - Ashley is a mixed queer illustrator
- [Recipesforselflove](#)

## Queer accounts:

- [Alokvmenon](#)- Alok (they/them), author, performer, speaker
- [Fiercefatfemme](#)- Gorda (She/They), Artist, Activist
- [Chairbreaker](#)- Caleb Luna (They/Them), Activist, Writer
- [Ihartericka](#)
- [Transfolxfightingeds](#)
- [Rvxmendoza](#)

## Disability activists accounts:

- [Hannahtheamputee](#)

- [The feeding of the fox](#)
- [Anneandkathleen](#)
- [Robynlambird](#)
- [Rollettes la](#)
- [Alice Wong](#)

## Joyful movement/Athlete accounts:

- [Letsjoyn](#) - joyful movement videos (many fat athletes)
- [Thebecomeproject](#) - inclusive feel good movement (thin athletes, but accessible modifications)
  - [Bethanycmeyers](#) - (they/them) founder & ceo of the become project, body neutral advocate, ED recovered, queer-poly-married-non-binary
- [Meg.boggs](#) - Meg Boggs (she/her), fat athlete
- [Tiffanyima](#) - Tiffany Ima (she/her), athlete, body confidence, ED recovery
- [Embodiedpsychotherapist](#)
- [Heytiffanyroe](#)
- [Barbellblondie](#)
- [Unlikelyhikers](#)
- [Fatgirlshiking](#)
- [Roblympian](#)
- [Decolonizingfitness-](#) Illya Parker (He/They), Physical Therapist Assistant, Medical Exercise Specialist, Writer & Educator
- [Fitragamuffin](#)
- [Unlikely Hikers](#)
- [Climb Big](#)
- [Fatgirlsdancemovement](#)
- [Amandalacount](#)
- [Rozthediva](#)
- [300poundsandrunning](#)
- [IamIshauntay-](#) Latoya Shauntay Snell, Athlete, Chef, Activist
- [Mynameisjessamyn-](#) Jessamyn Stanley, creator of the UnderBelly Yoga, Author, Advocate
- [Theunderbellyyoga](#)
- [Jessicajadeyoga](#)