

Body Positive Resources

Books

Body of Truth: How Science, History, and Culture Drive Our Obsession with Weight-and What We Can Do about It by Harriet Brown

Weight Science: Evaluating the Evidence for a Paradigm Shift by Lindo Bacon

Body Respect by Lindo Bacon and Lucy Aphramor

Health at Every Size by Lindo Bacon

Happy Fat: Taking Up Space in a World That Wants to Shrink You by Sofie Hagen

What We Don't Talk About When We Talk About Fat by Aubrey Gordon

The Body is Not an Apology by Sonya Renee Taylor

Hunger by Roxanne Gay

Shrill by Lindy West

Belly of the Beast by Da'Shaun L Harrison

Things No One Will Tell Fat Girls: A Handbook for Unapologetic Living by Jes Baker

Fat Activism (Second Edition): A Radical Social Movement by Charlotte Cooper

Lessons from the Fat-o-sphere: Quit Dieting and Declare a Truce with Your Body by Kate Harding and Kirby Marianne

Fearing the Black Body: The Racial Origins of Fat Phobia by Sabrina Strings

Body Positive Power by Megan Jayne Crabbe

Dietland by Sarai Walker

You Have the Right to Remain Fat by Virgie Tovar

The Fat Studies Reader by Esther D. Rothblum

Anti-Diet: Reclaim Your Time, Money, Well-Being and Happiness Through

Intuitive Eating by Christy Harrison

Body Kindness: Transform Your Health from the Inside Out—And Never Say Diet Again by Rebecca Scritchfield

Being in Your Body (Guided Journal): A Journal for Self-Love and Body Positivity by Fariha Roisin

The Body Positive Journal by Virgie Tovar

The Self-Love Revolution: Radical Body Positivity for Girls of Color by Virgie Tovar

Positive Body Image Workbook: A Clinical and Self-Improvement Guide by Nichole Wood-Barcalow, Tracy Tylka, and Casey Judge

Podcasts

The Body Protest

Maintenance Phase

She's All Fat: A Fat Positive Podcast

Fat. So?

Matter of Fat

Yes and Body Politics

Woman of Size

Rebel Eater's Club

Food Psych Podcast

Fat Club Podcast

Fat Girl Hacks

Fat Outta Hell

The Fat Lip