RECLAIMING BODY TRUST RESOURCES

BOOKS

1. “Anti-Diet” by Christy Harrison
2. “Fearing the Black Body” by Sabrina Strings
3. “The Body Is Not An Apology” by Sonya Renee Taylor
4. “Intuitive Eating” by Elyse Resch and Evelyn Tribole
5. “Body Respect” by Lindo Bacon and Lucy Aphramor
6. “Appetites: Why Women Want” by Caroline Knapp
7. “A Hunger So Wide and So Deep” by Becky W Thompson
8. “Heart Berries” by Terese Marie Mailhot

ARTICLES

1. The Bizarre and Racist History of the BMI by Your Fat Friend
2. What is Normal Eating? by Be Nourished
3. Can We Put an End to Fatphobia in Woke Spaces? by Melissa Toler
4. Raise a Healthy Child Who is a Joy to Feed by Ellyn Satter Institute
5. White Supremacy, Colonialism, and Fatphobia are Inherently Tied to Each Other on Wear Your Voice

PODCASTS

1. Gloria Lucas on How Racism and Historical Trauma Manifest Themselves in Struggles with Food and Body Image
2. All of Christy Harrison’s Food Psych
3. The Fat Lip, a podcast by and for fat people and fat liberation

FOLKS TO FOLLOW ON INSTAGRAM

1. Be Nourished
2. Nalgona Positivity Pride (Gloria Lucas)
3. Jes Baker
4. Sonya Renee Taylor
5. Shooglet
6. Adipositivity by Substantia Jones
7. Prentis Hemphill
8. Somatic Witch (Andrea Glik)
9. Trauma Aware Care
10. Trauma & Co
11. Isabel Abbott
12. Mia Mingus
13. Meredith Noble
14. Sam Dylan Finch
15. Ilya Parker of Decolonizing Fitness

JOURNAL PROMPTS (courtesy of Be Nourished)

1. If you used the idea of doing things for and with your body as a guidepost as opposed to *to* and *on* your body, what would shift?
2. What are your earliest memories of having a body?
3. What has your body been trying to tell you recently?
4. If you wrote a letter to your body, what would you say?
5. If your body wrote you a letter, what would it say?
6. Who are the people who've made you feel bad about your body?
7. What experiences impacted your ability to feel at home in your body?
8. How has your body, just as it is, helped you survive in the world?
9. Imagine a picture of yourself as a small child - what does that child need to hear?
10. What does your body need from you in order to trust you?