

Recommended Books

- Body Respect by Linda Bacon and Lucy Aphramor
 - Eat What You Love, Love What You Eat by Michelle May
 - Intuitive Eating A Revolutionary Program That Works by Evelyn Tribole and Elyse Resch
- ** See additional Intuitive Eating workbooks by these authors
- The Mindful Eating Workbook by Vincci Tsui
 - The Mindful Self-Compassion Workbook by Kristin Neff and Christopher Germer