



# Body Image Resources

Below are **clickable** links to a variety of resources related to body image and nutrition.

## Ohio State Resources

### Counseling and Consultation Service

- Community Provider Directory
- Eating Concerns Consultation Team
- Emotional Fitness Blog
- Individual Counseling
- Eating and Body Image Concerns group
- On-demand services

### Student Health Services

- Nutrition Therapy
- Physical Exams

### Student Organizations

- Body Sense
- Project HEAL

### Student Wellness Center

- Nutrition Coaching
- Nutrition Resources

## Ohio Resources

### Eating Disorder Treatment Centers

- Aster Springs
- Eating Recovery Center
- The Emily Program

### Support Groups (free)

- *Body Kindness*  
A show about health, not weight loss
- *Good Bodies*  
A “wellness” entertainment podcast where all bodies are good bodies
- *Eat the Rules*  
Dedicated to body image, body positivity, self-worth, and anti-dieting
- *ED Matters*  
Features top experts sharing information and having healthy conversations about eating disorders
- *Food Psych*  
Dedicated to helping you make peace with food and break free from diet culture
- *Maintenance Phase*  
Wellness and weight loss, debunked and decoded
- *Men’s Intuition*  
How men can use their intuition to feed themselves and their families and break free of diet culture
- *Men Unscripted*  
Men sharing their experiences with being in their body

- Body Image Betrayal & Related Issues
- Eating Recovery Center
- National Alliance for Eating Disorders

## National Hotlines

- Crisis Text Line: Text NEDA to 741741
- National Association of Anorexia Nervosa and Associated Disorders: 1-888-375-7767
- National Eating Disorder Association: 1-800-931-2237

## National Resources

- Association for Size Diversity and Health
- More than a Body
- National Association to Advance Fat Acceptance
- National Eating Disorder Association
- National Institute of Mental Health
- The Body is Not an Apology

## Provider Database

- Anti-Diet/HAES Provider Database
- Certified Intuitive Eating Provider Directory
- Health at Every Size Provider Directory

## Screening Tools

- HAES Friendly Disordered Eating, Exercise & Body Image Screening
- My Body Screening

## Podcasts

- *Non-Diet Companion*  
Topics focus on evidence-based framework of Intuitive Eating
- *Outweigh*  
Breaks down the stigma and exposes the ‘grey area’ of disordered eating
- *Rethinking Wellness*  
Offers critical thinking and compassionate skepticism about wellness and diet culture
- *The Aligned Nutrition Podcast*  
A safe place where food doesn’t get in the way of living
- *The BodyLove Project*  
Includes Intuitive Eating, body positivity, Health at Every Size, fat acceptance, eating disorder recovery, body image, creativity, mindfulness, and more
- *The Dear Body Podcast*  
How to stop binge and emotional eating, make peace with food and thrive in a body you love
- *The Mindful Dietitian*  
Covers body inclusivity, Health At Every Size, the non-diet approach and mindfulness-based dietetics practice

Click on the text  
to follow the  
links!



# Body Image Resources

## Books

- A Body To Love: Cultivate Community, Body Positivity, and Self-Love in the Age of Social Media
- Anti-Diet: Reclaim Your Time, Money, Well-Being, and Happiness Through Intuitive Eating
- Belly of the Beast: The Politics of Anti-Fatness as Anti-Blackness
- Being You: The Body Image Book for Boys
- Body Kindness: Transform Your Health from the Inside Out--and Never Say Diet Again
- Body Positive Power: How to stop dieting, make peace with your body and live
- Body Respect: What Conventional Health Books Get Wrong, Leave Out, and Just Plain Fail to Understand about Weight
- Eating Mindfully: How to End Mindless Eating and Enjoy a Balanced Relationship with Food
- Fat Talk: Parenting in the Age of Diet Culture
- Fearing the Black Body: The Racial Origins of Fat Phobia
- Gay Body: A Journey Through Shadow to Self
- Goodbye Ed, Hello Me: Recover From Your Eating Disorder and Fall in Love with Life
- Health At Every Size: The Surprising Truth About Your Weight
- How to Raise an Intuitive Eater
- Intuitive Eating, 4th Edition: A Revolutionary Anti-Diet Approach
- Letting Go of Leo: How I Broke up with Perfection
- Life Without Ed: How One Woman Declared Independence from Her Eating Disorder and How You Can Too
- Man Enough: Undefined My Masculinity
- Man Up to Eating Disorders
- More Than a Body: Your Body Is an Instrument, Not an Ornament
- My Thinning Years: Starving the Gay Within
- Sick Enough: A Guide to Medical Complications of Eating Disorders
- The Adonis Complex: The Secret Crisis of Male Body Obsession
- The Body is Not an Apology: The Power of Radical Self-Love
- The F\*ck It Diet: Eating Should Be Easy
- The Rules of "Normal" Eating: A Commonsense Approach for Dieters, Overeaters, Undereaters, Emotional Eaters, and Everyone in Between
- The Invisible Man: A Self-help Guide for Men With Eating Disorders, Compulsive Exercise and Bigorexia
- The Wisdom of Your Body: Finding Healing, Wholeness, and Connection through Embodied Living

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## Workbooks

- 8 Keys to Recovery from an Eating Disorder Workbook
- The Body Image Workbook: An Eight-Step Program for Learning to Like Your Looks
- The Food and Feelings Workbook: A Full Course Meal on Emotional Health
- The Gift of Self Love: A Workbook to Help You Build Confidence, Recognize Your Worth, and Learn to Finally Love Yourself
- The Intuitive Eating Workbook: Ten Principles for Nourishing a Health Relationship with Food
- The Intuitive Eating Workbook for Teens: A Non-Diet, Body Positive Approach to Building a Healthy Relationship with Food
- Your Body is Not an Apology Workbook: Tools for Living Radical Self-Love

## Blogs

- Food Psych Blog
- Food and Body Image Healers
- More than a Body—Build your body image resilience
- The Body is Not an Apology—Radical self-love for everybody and every body

## Newsletter Subscriptions

- Food and Body Image
- Food Psych Weekly
- Rethinking Wellness
- Weight and Healthcare