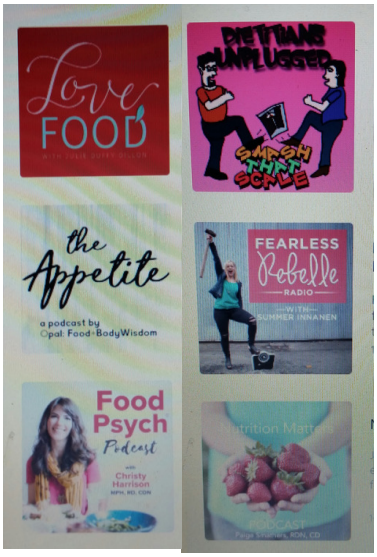
Food Peace & Self Compassion
During the Holidays & Always

# RESOURCES FOR READING & LISTENING

*Eating in the Light of the Moon
*Body Kindness
*Come As You Are
*Daring Greatly
*Intuitive Eating
*8 Keys to Recovery From an Eating Disorder
*Body Respect
*Eat Pray Love
*The Intuitive Eating Workbook
*Things No One Will Tell Fat Girls
*Land Whale
*The Body is Not an Apology
*Dietland
*Self-Compassion: The Proven Power of Being Kind to Yourself

## PODCASTS FOR SUPPORTIVE LISTENING

*Love Food
*Dietitians Unplugged
*The Appetite
*Fearless Rebelle Radio
*Food Psych
*Nutrition Matters Podcast

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