

ED Specific

The Body is Not an Apology, and Your Body is Not an Apology Workbook by Sonya Renee Taylor

What We Don't Talk About When We Talk about Fat By Aubrey Gordon

Anti-Diet by Christy Harrison

Intuitive Eating, The Intuitive Eating

Workbook, and Intuitive Eating for Every Day: 365 by Evelyn Tribole and Elyse Resch

More Than A Body by Lindsay and Lexie Kite

You Have the Right to Remain Fat and/or The Self-Love Revolution by Virgie Tovar

Hunger by Roxane Gay WS

The F*ck It Diet by Caroline Dooner

Fearing the Black Body by Sabrina Stings

Just Eat It by Laura Thomas

Belly of The Beast: The Politics of Anti-Fatness as Anti-Blackness by Da'Shaun L. Harrison

Big Girl: How I Gave Up Dieting and Got a Life by Kelsey Miller

Eat to Love by Jenna Hollenstein

Shrill by Lindy West

Body Respect, Radical Belonging and/or Health at Every Size by Linda Bacon and Lucy Amphomoor

Things No One Will Tell Fat Girls and/or Landwhale by Jes Baker

Not All Black Girls Know How to Eat: A Story of Bulimia by Stephanie Covington Armstrong

Dietland by Sarai Walker (also a TV show!)

The Eating Instinct by Virginia Sole-Smith

Body Kindness by Rebecca Scritchfield

The Beauty Myth by Naomi Wolf

Body Positive Power by Megan Jayne Crabbe

One to Watch by Kate Stayman-London

Living with Your Body and Other Things You Hate by Emily Sandoz and Troy DuFrene

Beyond the Shadow of a Diet by Judith Matz

Fat Girls in Black Bodies: Creating Communities of Our Own by Joy Arlene Cox

Fattily Ever After: A Black Fat Girl's Guide to Living Life Unapologetically by Stephanie Yeboah

Fat, Pretty and Soon to be Old: A Makeover for Self and Society by Kimberly Dark

How to Raise an Intuitive Eater: Raising the Next Generation with Food and Body Confidence by Sumner Brooks and Ameer Severson

Body Wars and Pursuing Perfection: Eating Disorders, Body Myths, and Women at Midlife and Beyond by Margo Maine and Joy Kelly

Bad Fat Black Girl: Notes from a Trap Feminist by Sesali Bowen

Gentle Nutrition (A Non-Diet Approach to Healthy Eating) by Rachael Hartley

The Wisdom of Your Body: Finding Healing, Wholeness, and Connection through Embodied Living by Hillary L. McBride

Body of Truth by Harriet Brown

Fat Activism by Charlotte Cooper

Books Complementary to Recovery

Attached by Amir Levine and Rachel Heller

Daring Greatly, The Gifts of Imperfection, Rising Strong, Braving the Wilderness and/or Atlas of the Heart by Brene Brown -WS

Self-Compassion and/or The Mindful Self-Compassion workbook by Kristin Neff

Set Boundaries, Find Peace and The Set Boundaries Workbook by Nedra Glover Tawwab

The Body Keeps the Score By Bessel Van der Kolk -T, WS

Grit by Angela Duckworth

Untamed by Glennon Doyle

Come as You Are by Emily Nagoski

Women with Attention Deficit Disorder and A Radical Guide For Women with ADHD by Sari Solden

The Art of Money by Bari Tessler

Financial Recovery by Karen McCall

Burnout by Emily and Amelia Negoski

Rage Becomes Her by Soraya Chemaly

Man's Search for Meaning by Viktor Frankl -T

I Don't Want to Talk About It:Overcoming the Secret Legacy of Male Depression by Terrence Real

The Highly Sensitive Person by Elaine N. Aron

The Happiness Trap by Russ Harris

My Grandmother's Hands by Resmaa Menakem -T

How to Be an Antiracist by Ibram X. Kendi -T

The Joy of Movement By Kelly McGonigal

Healing Sex by Staci Haines -T

Healing the Shame that Binds You by John Bradshaw -T

Beyond Shame by Matthias Roberts -T

Waking The Tiger: Healing Trauma by Peter Levine -T

Codependent No More and Beyond Codependency by Melody Beattie

The Complex PTSD Workbook by Arielle Schwartz -T

Yoke: My Yoga of Self-Acceptance by Jessamyn Stanley

Fat Talk by Virginia Sole Smith