



# 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

- Love Your Body Week
- Nutrition Coaching
- Nutrition Resources

## Ohio Resources

### Eating Disorder Treatment Centers

- Aster Springs
- Eating Recovery Center
- The Emily Program

- **Body Kindness**  
A show about health, not weight loss
- **Don't Salt My Game**  
Guests discuss how they are shaking up the wellness world and stay on top of their game, and how to help you do you, but better
- **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

## Support Groups (free)

- 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

- Eat-26
- My Body Screening

## Podcasts

- **Mental Note**  
Explores the work and beauty of mental health
- **Outweigh**  
A podcast breaking the stigma and exposing the 'grey area' of disordered eating
- **The Aligned Nutrition Podcast**  
A safe place where food doesn't get in the way of living
- **The BodyLove Project**  
Devoted to topics including Intuitive Eating, body positivity, Health at Every Size, fat acceptance, eating disorder recovery, body image, creativity, mindfulness, and more
- **The Dear Body Podcast**  
Real talk on 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
- 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
- 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 Gift of Self Love: A workbook to help you build confidence, recognize your *worth*, and learn to finally *love* yourself
- 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 Intuitive Eating Workbook: Ten Principles for Nourishing a Health Relationship with Food

## 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
- Weight and Healthcare

## Mindful Eating apps

- Ate
- Brighter Bite
- Nourishly
- Recovery Record
- Rise Up + Recover

## Social Media

- 20 Body Positive Instagram Accounts
- 40+ Larger Fat Instagram Accounts