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

**Books**
- Anti-Diet: Reclaim Your Time, Money, Well-Being, and Happiness Through Intuitive Eating
- 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
- 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
- More Than a Body: Your Body Is an Instrument, Not an Ornament
- The Body is Not an Apology: The Power of Radical Self-Love
- The F*ck It Diet: Eating Should Be Easy

**Podcasts**
- *Body Kindness* with Rebecca Scritchfield
  - A show about health, not weight loss
- *Don't Salt My Game* with Laura Thomas
  - Guests discuss how they are shaking up the wellness world, how they stay on top of their game, and how to help you do you, but better
- *Eat the Rules* with Summer Innanen
  - A podcast 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* with Christy Harrison
  - A weekly show dedicated to helping you make peace with food and break free from diet culture
- *Mental Note*
  - A podcast highlighting both the work and the beauty of mental health recovery
- *The BodyLove Project* with Jessi Haggerty
  - A podcast devoted to topics including Intuitive Eating, body positivity, Health at Every Size, fat acceptance, eating disorder recovery, body image, creativity, mindfulness, and more
- *The Mindful Dietitian* with Fiona Sutherland
  - A podcast covering body inclusivity, Health At Every Size, the Non Diet Approach and Mindfulness-based dietetics practice

**Blogs**
- More than a Body—Build your body image resilience
- New Moon Nutrition—Discover food and body freedom
- The Body is Not an Apology—Radical self-love for everybody and every body

**Eating Disorder Recovery**
- National Eating Disorders Association
- The Emily Program

**OSU Resources**
- Buckeye Peer Access Line (PAL)
- Counseling and Consultation Service
- Student Health Services
- Student Wellness Center
- The Ohio State University Wexner Medical Center

**Providers**
- Certified Intuitive Eating Provider Directory
- Counseling & Consultation Service Provider Directory
- Health at Every Size Provider Directory