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 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