

# FOOD & BODY PEACE *Reading List*

TITLE	AUTHOR	ABOUT	NOTES	READ
<u><i>Intuitive Eating: A Revolutionary Anti-Diet Approach</i></u>	Evelyn Tribole, Elyse Resche	Intuitive Eating		<input type="checkbox"/>
<u><i>The Intuitive Eating Workbook</i></u>	Evelyn Tribole, Elyse Resche	Intuitive Eating, workbook		<input type="checkbox"/>
<u><i>The Body Is Not an Apology: The Power of Radical Self-Love</i></u>	Sonya Renee Taylor	Radical self-love, body image		<input type="checkbox"/>
<u><i>Intuitive Eating for Every Day: 365 Daily Practices &amp; Inspirations to Rediscover the Pleasures of Eating</i></u>	Evelyn Tribole	Intuitive Eating, daily practices, mindfulness		<input type="checkbox"/>
<u><i>A Body Image Workbook for Every Body: A Guide for Deconstructing Diet Culture...</i></u>	Rachel Sellers, Mimi Cole	Body image, workbook		<input type="checkbox"/>
<u><i>How to Raise an Intuitive Eater: Raising the Next Generation with Food and Body Confidence</i></u>	Sumner Brooks, Amea Severson	Raising Intuitive Eaters, IE for parents		<input type="checkbox"/>
<u><i>Anti-Diet: Reclaim Your Time, Money, Well-Being, and Happiness Through Intuitive Eating</i></u>	Christy Harrison	Deconstructing diet culture, Intuitive Eating		<input type="checkbox"/>
<u><i>Gentle Nutrition (A Non-Diet Approach to Healthy Eating)</i></u>	Rachael Hartley	Intuitive Eating, cookbook		<input type="checkbox"/>
<u><i>Anchored: How to Befriend Your Nervous System Using Polyvagal Theory</i></u>	Deborah Dana	Nervous system regulation, polyvagal theory		<input type="checkbox"/>
				<input type="checkbox"/>

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				<input data-bbox="1372 577 1437 630" type="checkbox"/>
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