

Reading/Recordings to help with Body Liberation and shift Self-Objectification

1. [More Than a Body](#) by Lindsay & Lexie Kite
2. [Intuitive Eating](#) by Evelyn Tribole and Elyse Resch
3. [The Body is NOT an Apology](#) by Sonya Renee Taylor
4. [Fearing the Black Body](#) by Sabrina Strings
5. [Radical Belonging](#) by Lindo Bacon Ph.D

\*Bonus

[An Internal Family Systems Guide to Recover from Eating Disorders: Healing Part by Part](#)  
by Amy Yandel Garbowski

\*Extra amazing Bonus Card Deck: [The Women Project](#) By Carol Rossetti