

Resources

Fat Activist & Positive Body Image Social Media Accounts

- **Center for Body Image Research & Policy (@CBIRP)**
- **Judi Craddock**
- **BodyPosiPanda**
- **Dr. Lindo Bacon (@LindoBaconX)**
- **Wear Your Voice magazine**
- **Josée Sovinsky, RD**
- **Food Psych Podcast (@FoodPsychPod)**
- **Christy Harrison, MPH, RD**
- **Virgie Tovar**
- **Nadia Craddock**
- **Fiona Willer**
- **Dr. Melissa A. Fabello**
- **Body Justice and Fat Feminism Dublin**
- **Ella Foote (@ellachloeswims)**
- **Trust Your Body Project**
- **Mermaid Queen (@MerQueenJude)**
- **Melissa Fabello**
- **The Fat Sex Therapist**
- **Bitch Media**
- **Comfy Fat (@comfyfat)**
- **Michelle Allison (@fatnutritionist)**
- **Fat Grrrl Activism (@fatgrrrls)**
- **Sofie Hagen**
- **@KivaBay**
- **The Body is Not an Apology**
- **Amy Purdy (@amypurdygurl)**
- **Harnaam Kaur (@harnaamkaur)**
- **Bruce Sturgell (@chubstr)**
- **Ryan Sheldon (@binge eaterconfessions)**
- **Jessamyn Stanley (@mynameisjessamyn)**
- **Em Ford (@mypaleskinblog)**
- **Ash Soto (@radiantbambi)**
- **Chris Mosier (@thechristosier)**
- **@ effyourbeautystandards**
- **Shane Stinson (@channelingshane)**
- **Aaron Flores, RDN (@aaronfloresrdn)**
- **More-Love (@moreloveorg)**
- **FatWomenOfColor (@fatwomenofcolor)**
- **Dianne Bondy (@diannebondyyoga)**

Instagram Hashtags to Follow

- **#SkorchMagazine**
- **#effyourbeautystandards**
- **#fatisnotaviolation**
- **#fatacceptance**
- **#bopo**
- **#bodyposi**

Podcasts

- **Food Psych Podcast**
- **UWE Centre for Appearance Research Podcast (@car_UWE)**
- **The Full Bloom Project**
- **Bad Fat Broads**
- **Recovery Warriors**
- **Fat Girls Club (adult subjects)**
- **Why Won't You Date Me? (adult subjects, humor, and language)**
- **She's All Fat**
- **Body Kindness**
- **Fearless Rebel**

Books

- **You Have the Right to Remain Fat by Virgie Tovar**
- **Shrill by Lindy West**
- **Health at Every Size by Dr. Linda Bacon (now Dr. Lindo Bacon)**
- **Intuitive Eating: A revolutionary Program That Works by Evelyn Tribole and Elyse Resch**
- **Intuitive Eating Workbook: 10 Principles for Nourishing a Healthy Relationship with Food by Evelyn Tribole and Elyse Resch**
- **The Body is Not an Apology: The Power of Radical Self-Love by Sonya Renee Taylor**
- **Fearing the Black Body: The Racial Origins of Fat Phobia by Sabrina Strings**
- **Hunger by Roxane Gay**
- **Heavy: An American Memoir by Kiese Laymon**
- **Body Image Book for Girls by Dr. Charlotte Markey (upcoming)**
- **The Self-Love Revolution: Radical Body Positivity for Girls of Color by Virgie Tovar (upcoming – spring 2020)**
- **Anti-Diet by Christy Harrison**