

RESOURCE LIST

WEBSITES

Victoria Kleinsman

<https://victoriakleinsman.com/>

Tabitha Farrar

<https://tabithafarrar.com/>

Elisa Oras

<https://www.followtheintuition.com/>

I Am Stefanie Michele

<https://www.iamstefaniemichele.com/>

Chris Sandel

<https://seven-health.com/>

INSTAGRAM ACCOUNTS

Victoria Kleinsman @victoriakleinsmanofficial

Julia Trehane @juliatrehane

Chris Sandel @sevenhealthcompany

Becky Freestone @why_befree

Elisa Oras @followtheintuition

Stefanie Michele @iamstefaniemichele

Justine Lichtenstern @justine_lichtenstern

Natalie Rose @wakeupandsmelltherosay

Danielle van Kay @daniellevankay

Sheri Segal Glick @repair.not.despair

Jennifer Rollin @jennifer_rollin

YOU TUBE CHANNELS

Stephanie Buttermore – All In Playlist

<https://www.youtube.com/playlist?list=PLfSsah8UsndTTurTjXGRY3kIE0KGRI3hn>

Tabitha Farrar

<https://www.youtube.com/c/TabithaFarrar>

Becky Freestone

<https://www.youtube.com/@beckyfreestone9908>

Elisa Oras

<https://www.youtube.com/@FollowTheIntuition>

Kayla Rose

<https://www.youtube.com/@KAYLAROSEKOTECKI>

Megsy Recovery

<https://www.youtube.com/@megsyrecovery191>

Emily Spence

<https://www.youtube.com/@emilyspence2961>

PODCASTS

Body Love Binge

<https://podcasts.apple.com/gb/podcast/the-body-love-binge-eating-disorder-recovery-podcast/id1464324636>

Eating Disorder Recovery Podcast

<https://podcasts.apple.com/au/podcast/the-eating-disorder-recovery-podcast/id1138563928>

Real Health Radio

<https://podcasts.apple.com/us/podcast/real-health-radio/id1028907655>

Rewired

<https://podcast.app/rewired-eating-disorder-recovery-podcast-p6035786>

Unrestrict-ED

<https://podcasts.apple.com/gb/podcast/unrestrict-ed/id1656275686>

Life After Diets

<https://podcasts.apple.com/au/podcast/life-after-diets/id1580595670>

Beyond Body

<https://podcasts.apple.com/au/podcast/beyond-body/id1556931295>

Recovering with Danie

<https://podcasts.apple.com/au/podcast/recovering-with-danie-eating-disorder-recovery-podcast/id1631562943>

Fly to Freedom

<https://podcasts.apple.com/au/podcast/fly-to-freedom-the-anorexia-recovery-podcast/id1678915789>

The Nourished to Thrive Podcast

<https://podcasts.apple.com/us/podcast/the-nourished-to-thrive-podcast/id1638625775>

RenourishED

<https://podcasts.apple.com/au/podcast/renourished/id1710319991>

BOOKS

The Gifts of Imperfection by Brene Brown

8 Keys to Recovery from an Eating Disorder by Carolyn Costin

8 Keys to Recovery from an Eating Disorder Workbook by Carolyn Costin

The F*ck it Diet by Caroline Dooner

Rehabilitate, Rewire, Recover by Tabitha Farrar

Neural Rewiring for Eating Disorder Recovery by Tabitha Farrar

Fear of Weight Gain by Tabitha Farrar

The Anorexia Workbook by Michelle Heffner & Georg Eifert

Feel the Fear and Do It Anyway by Susan Jeffers

Making Peace with Food by Susan Kano

More than a Body by Lindsay & Lexie Kite

The Proven Power of Being Kind to Yourself - Self-Compassion by Kristen Neff

BrainwashED by Elisa Oras

The Inside Scoop on Eating Disorder Recovery by Colleen Reichmann & Jennifer Rollin

Intuitive Eating by Evelyn Tribole and Elyse Resch

The Intuitive Eating Workbook by Evelyn Tribole and Elyse Resch

Goodbye ED, Hello Me by Jenni Schaefer

Life Without ED by Jenni Schaefer

You Are Not Your Brain by Jeffrey Schwartz

The Skinny by Sheri Segal Glick