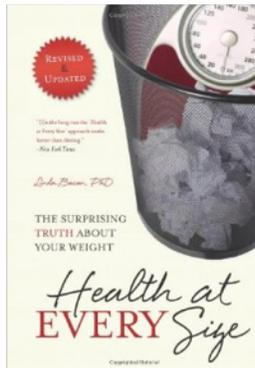


# Health at Every Size® Recommended Reading

Nicole Geurin's top picks.

## Weight Science

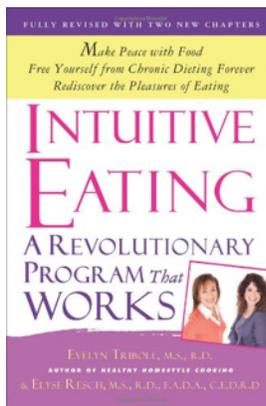


### **Health at Every Size** by Linda Bacon, PhD

This outstanding exposé is one of the best books I have ever read. Backed by over 400 scientific references, this book explains the science of weight regulation, and unveils the food politics, fat politics and cultural biases that negatively impact health. It's also very smartly written and entertaining to read. Read this book... it will change your life.

Length: 270 pages    Readability: Easy

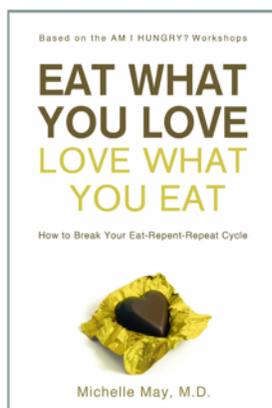
## Mindful Eating



### **Intuitive Eating** by Evelyn Tribole, MS, RD and Elyse Resch, MS, RD

This book is a breath of fresh air in a world that is obsessed with dieting. The authors teach the 10 principles of intuitive eating — guidelines for making peace with food, freeing yourself from chronic dieting and rediscovering the pleasures of eating.

Length: 300 pages    Readability: Moderate

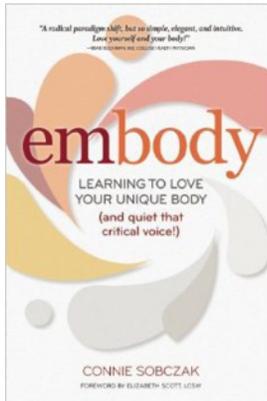


### **Eat What You Love, Love What You Eat** by Michelle May, MD

Eat mindfully, live vibrantly. This book will help you break free from the “eat-repent-repeat” cycle, and learn to eat mindfully and joyfully. Written in down-to-earth language with empowering stories and advice.

Length: 400 pages    Readability: Easy

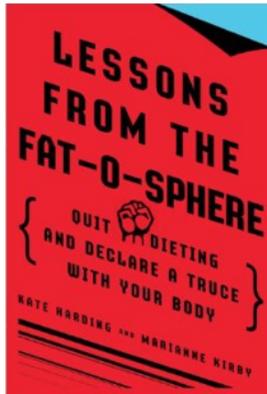
## Body Appreciation



### **Embody** by Connie Sobczak

This is a beautiful book, woven with heart-wrenching stories and inspiring quotes that teach readers how to love their unique bodies (and quiet that critical inner voice). The author is a co-founder of The Body Positive organization. I highly recommend this book to anyone with a body!

Length: 240 pages    Readability: Easy

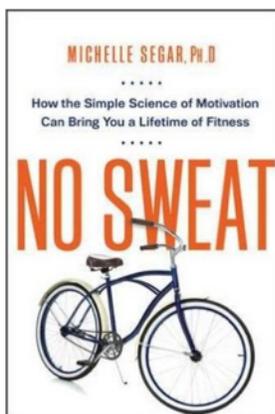


### **Lessons from the Fat-O-Sphere** by Kate Harding and Marianne Kirby

In this funny, smart and honest book, two bloggers/fat activists share advice on how to find health and happiness at any size, drawing from both research and personal experience. If you are comfortable with a bit of sarcastic humor and adult language, then you will likely enjoy this book.

Length: 220 pages    Readability: Easy

## Physical Activity

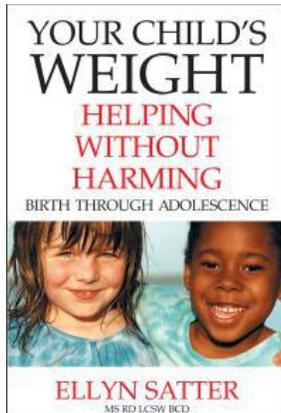


### **No Sweat** by Michele Seger, PhD

This book explains how the simple science of motivation can bring you a lifetime of fitness— that you actually enjoy. Practical, proven and full of relatable stories, No Sweat will help you to make life-enhancing movement part of your routine.

Length: 220 pages    Readability: Easy

## Families



### **Your Child's Weight: Helping Without Harming** by Ellyn Satter, MS, RD

This book refutes the idea that parents must force their children to eat less and exercise more to lose weight. In the long run, this technique backfires, as children become preoccupied with food and turned off to physical activity. Rather, Ellyn coaches parents to feed well, parent well, and allow children to grow up to get the bodies that are right for them.

Length: 470 pages    Readability: Moderate