

HEALING CHRONIC DIETING, EMOTIONAL EATING, AND BODY SHAME

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Resources for Dietitians

- [MNT Inclusive Weight Guidelines](#) (this is a google folder created by Megan Cichy, RD)
- [The HAES Health Sheets](#)
- [Harvard Implicit Weight Bias Test](#)
- [Weight Neutral Health Cards](#)
- [RD's for Neurodiversity](#)

My Resources

- [The Making Peace with Food Card Deck](#): 59 Anti-Diet Strategies to End Chronic Dieting and Find Joy in Eating (C. Harrison and J. Matz, 2021)
- [The Body Positivity Card Deck](#): 53 Strategies for Body Acceptance, Appreciation and Respect (J. Matz and A. Pershing, 2020)
- [Beyond a Shadow of a Diet](#): The Comprehensive Guide to Treating Binge Eating Disorder, Compulsive Eating and Emotional Overeating by J. Matz and E. Frankel (2nd edition 2014)
- [The Diet Survivor's Handbook](#): 60 Lessons in Eating, Acceptance and Self-Care by J. Matz and E. Frankel (2006)
- [Amanda's Big Dream](#) by J. Matz (2015)
- [Unlearning Weight Stigma](#): The latest science on trauma and weight by J. Matz (Psychotherapy Networker 2022)
- [Health Comes In All Sizes](#): The HAES approach to countering weight stigma by J. Matz (Psychotherapy Networker 2018)
- [It's not about the diet](#): Building a healthy relationship with food by J. Matz (Psychotherapy Networker 2015)
- [Recipe for life](#): Is attuned eating the answer to diet failure? by J. Matz (Psychotherapy Networker 2011)
- [Beyond lip service](#): Confronting our prejudices against higher-weight clients by Judith Matz (Psychotherapy Networker, 2014)
- [Intuitive eating](#): Enjoy your food, respect your body by J. Matz and L. Bacon (Diabetes Self-Management, 2010)
- [9 common mistakes parents make about their kid's weight](#) by J. Matz (The Body Is Not An Apology website, 2015).

Additional Resources

- [***Body Respect***](#) by L. Bacon and L. Aprhamor (2014)
- [***Intuitive Eating***](#) by E. Tribole and E. Resch (4th Edition – 2020)
- [***Sick Enough***](#) by J Gaudiani (2018)
- [***Slim chance for permanent weight loss***](#) by E. Rothblum (Archives of Scientific Psychology, 2018).
- [***What We Don't Talk About When We Talk About Fat***](#) by A. Gordon (2020)
- [***How to Raise An Intuitive Eater***](#) by S. Brooks and A Severson (2022)
- [***Weight science: Evaluating the evidence for a paradigm shift***](#) by L. Bacon and L. Aphramor (*Nutrition Journal*, 2011)
- [***The weight-inclusive versus weight-normative approach to health: Evaluating the evidence for prioritizing well-being over weight loss***](#) by T. Tylka et al (*International Journal of Obesity*, 2014).
- [***Misclassification of cardiometabolic health when using body mass index categories in NHANES 2005-20012***](#) by A. J. Tomiyama et al (*International Journal of Obesity*, 2016)
- [***How and why weight stigma drives the obesity 'epidemic' and harms health***](#) by A. J. Tomiyama et al (*BMC Medicine*, 2018.)