

FOOD PEACE SYLLABUS



BOOKS

Embody
Shrill
Your Dieting Daughter
Women, Food, and God
Life Without Ed
8 Keys to Trauma Recovery
Eating in the Light of the Moon
Daring Greatly
Health Food Junkies
Normal Eating

PODCASTS

Dietitian's Unplugged
The Bodcast Bustle Podcast
Body Kindness
Food Psych

BLOGS

Intuitive Eating Online Course
Women with PCOS: Don't touch
diets with 10-foot pole
Be Your Own Beloved
On the Battlefield meditation
Beauty Redefined
Metabolism 101
Dare to Not Diet
Dances with Fat
Curvy Loving Kindness meditation

VIDEOS & APPS

Stop, Breathe, Think app
Insight Timer app
This Girl Can videos
#HereIAm video

EPISODES 1 - 30

REQUIRED TEXTS

INTUITIVE EATING

SHAPEVILLE

YOUR CHILD'S

BODY RESPECT

EAT WHAT YOU
LOVE FOR BINGE
EATING

WEIGHT: HELPING
WITHOUT HARMING

DIETLAND

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