**Books**

Beautiful You: A Daily Guide to Radical Self-Acceptance by Rosie Molinary

Body of Truth: How Science, History, and Culture Drive Our Obsession with Weight--and What We Can Do about It Hardcover by Harriet Brown

The Body Project: An Intimate History of American Girls by Joan Jacobs Brumberg

Body Respect by Linda Bacon and Lucy Aphramor

Brave Girl Eating: A Family’s Struggle with Anorexia by Harriet Brown

Good Girls Don't Get Fat: How Weight Obsession is Messing Up Our Girls and How We Can Help Them Thrive Despite It by Robyn Silverman

"I'm, Like, SO Fat!": Helping Your Teen Make Healthy Choices about Eating and Exercise in a Weight-Obsessed World by Dianne Neumark-Sztainer

You'd Be So Pretty If...: Teaching Our Daughters to Love Their Bodies — Even When We Don't Love Our Own by Dara Chadwick

Perfect Girls, Starving Daughters: The Frightening New Normalcy of Hating Your Body by Courtney E. Martin
Videos and More

Beauty and Body Image: That’s What She Said: https://youtu.be/0Lz6tYh4esY

Women of All Ages Talk About Their Bodies | Body Image | Refinery29:
https://youtu.be/MuloXyMixq0

Katie Makkai – Pretty (Explicit Lyrics): https://youtu.be/M6wJl37N9C0

Why Think You’re Ugly Is Bad for You: Meghan Ramsey TED Talk:
https://www.ted.com/talks/meaghan_ramsey_why_thinking_you_re_ugly_is_bad_for_you

Enough with the Fear of Fat: Kelli Jean Drinkwater TED Talk:
https://www.ted.com/talks/kelli_jean_drinkwater_enough_with_the_fear_of_fat

Teach Girls Bravery, Not Perfection: Reshma Saujani TED Talk:
https://www.ted.com/talks/reshma_saujani_teach_girls_bravery_not_perfection
Research Articles


