

BODY POSITIVE CONTENT

RECOMMENDATIONS

INSTAGRAMS TO FOLLOW

@BODYPOSIPANDA

@JULESVONHEP

@JAMEELAJAMILOFFICIAL

@IWEIGH

@LOVECHLOEJANE

@SONYARENEETAYLOR

@THEINSECUREGIRLSCLUB

@PRETTY_FOUNDATION

@BODYPOSIPOWER

@HADYOUATSALAAM

@HI.UR.BEAUTIFUL

@THEBIRDSPAPAYA

@JESSICAEMILYQUINN

@ARIELLESTORIA

@THEBODZILLA

@CARLYFINDLAY

@CHESSIEKINGG

@WHEELCHAIR_RAPUNZEL

@FEMINIST

@LIVELIFE_UNFILTERED

@HARNAAMKAUR

@DANAEMERCER

@JADEBEALLPHOTOGRAPHY

@CELESTEBARBER

@STYLEBYDENI

@UNDERNEATH_WE_ARE

@JANELLESILVER

@YRFATFRIEND

@ALEXLIGHT_LDN

@BODYIMAGE_THERAPIST

@BODYIMAGEMOVEMENT

@THEBODYLOVESOCIETY

@NINA_TAME

BODY POSITIVE CONTENT

RECOMMENDATIONS

BOOKS

THE BODY IS NOT AN APOLOGY
SONYA RENEE TAYLOR

SHRILL
LINDY WEST

THE SUN AND HER FLOWERS
RUPI KAUR

HOMEBODY
RUPI KAUR

WOMEN DON'T OWE YOU PRETTY
FLORENCE GIVEN

EMBRACE YOURSELF
TARYN BRUMFITT

BODY POSITIVE POWER
MEGAN JAYNE CRABBE

BIG GIRL
KELSEY MILLER

PODCASTS

UNLOCKING US |
BRENE BROWN EPISODE W/
SONYA RENEE TAYLOR

MAINTENANCE PHASE |
UBREY GORDON & MICHAEL HOBBS

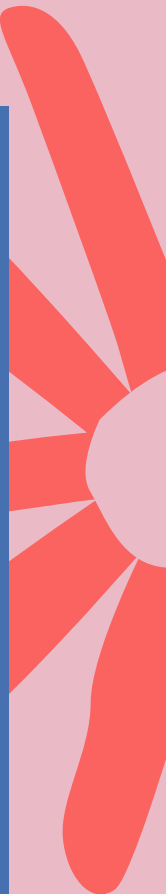
BETWEEN THE LEAVES |
ELLEN VAN NEERVAN & VICTORIAN
WOMEN'S TRUST

THE BODY IMAGE PODCAST |
CORINNE DOBBAS

BODY KINDNESS |
REBECCA SCRITCHFIELD

THE PAPAYA PODCAST |
SARAH NICOLE LANDRY

FOOD PSYCH PODCAST | CHRISTY
HARRISON



BODY POSITIVE CONTENT

RECOMMENDATIONS

WEBSITES

BODYIMAGEMOVEMENT.COM

IWEIGHCOMMUNITY.COM

LIVELIFEUNFILTERED.CO

FEEDYOURINSTINCT.COM.AU

HOWFARISTOOFAR.ORG.AU

SELF-COMPASSION.ORG

MINDFUL.ORG

TV SHOWS

EMBRACE | STAN (DOCO)

SHRILL | SBS ON DEMAND

GIRLS | BINGE

MY MAD FAT DIARY | STAN

SPECIAL | NEFLIX

THE MINDY PROJECT |
NETFLIX

RESOURCES

[BUTTERFLY |
BOOSTING BODY IMAGE](#)

[REACH OUT |
BODY IMAGE](#)

[BODY PEACE YOGA &
MEDITATION VIDEOS](#)

VIDEOS

[BODIES ♥ MAY, MYSELF & I](#)

[LIZZO: WHAT IT FEELS LIKE
TO BE CONFIDENT IN YOUR
OWN SKIN](#)

[ALWAYS #LIKEAGIRL](#)

[STOP HATING YOUR BODY;
START LIVING YOUR LIFE](#)