



## Recommended Books

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### Eating Disorders

**A Hunger So Wide And So Deep: A Multicultural View of Women's Eating Problems**  
**Becky Thompson**

**Not All Black Girls Know How to Eat: A Story of Bulimia**  
**Stephanie Covington Armstrong**

**It Has Always Been Ours: Rewriting the Narratives of Black Women's Bodies**  
**Jessica Wilson**

**Starvation Mode: A Memoir of Food, Consumption and Control**  
**Elissa Washuta**

**How American Diet Culture Negatively Affects Latinas**  
**Viviana Rose**

**Hunger**  
**Roxanne Gay**

**Treating Black Women with Eating Disorders: A Clinician's Guide**  
**Charlynn Small & Mazella Fuller**

**The Care and Feeding of Ravenously Hungry Girls**  
**Anisa Gray**

**Eating While Black: Food Shaming and Race in America**  
**Psyche A. Williams-Forson**

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### Body Image/Fatphobia

**The Body Is Not an Apology: The Power of Radical Self-Love**  
**Sonya Renee Taylor**

**Fearing The Black Body: The Racial Origins of Fat Phobia**  
**Sabrina Strings**

**Fattily Ever After: A Black Fat Girl's Guide to Living Life Unapologetically**  
**Stephanie Yeboah**

**You Have The Right to Remain Fat**  
**Virgie Tovar**

**Hijas Americanas: Beauty, Body Image, and Growing Up Latina**  
**Rosie Molinary**

**Fat Girls in Black Bodies**  
**Dr. Joy Cox**

**Belly of the Beast**  
**THE POLITICS OF ANTI-FATNESS AS ANTI-BLACKNESS**  
**DA'SHAUN L. HARRISON**

**Yoke: My Yoga of Self-Acceptance**  
**Jessamyn Stanley**

**The Body Liberation Project: How Understanding Racism and Diet Culture Helps Cultivate Joy and Build Collective Freedom**  
**by Chrissy King**

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### Colonialism/ Indigeneity/Food Culture

**Black Body: Womenism, Colonialism, and Space**  
**Radhika Mohanram**

**Black Food** edited by **Bryant Terry**

**Black Hunger**  
**Doris Witt**

**Medical Apartheid: The Dark History of Medical Experimentation on Black Americans from Colonial Times to the Present**  
**Harriet A. Washington**

**Post Traumatic Slave Syndrome: America's Legacy of Enduring Injury and Healing**  
**Joy Degruy**

**Eating Fire, Tasting Blood: Breaking the Great Silence of the American Indian Holocaust**  
**Marijo Moore**

**The Body of the Conquistador: Food, Race and the Colonial Experience in Spanish America, 1492- 1700**  
**Rebecca Earle**

**Mexican-Origin Foods, Foodways, and Social Movements : Decolonial Perspectives**  
**Luz Calvo**

**The Cooking Gene**  
**Michael W. Twitty**

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## **Toxic Fitness Culture**

**Deconstructing the Fitness-Industrial Complex: HOW TO RESIST, DISRUPT, AND RECLAIM WHAT IT MEANS TO BE FIT IN AMERICAN CULTURE**  
**Edited by Justice Roe Williams, Roc Rochon and Lawrence Koval**

### **Book Recommendations Continued:**

**Embodiment and Eating Disorders: Theory, Research, Prevention and Treatment 1st Edition**  
**by Hillary L. McBride (Editor), Janelle L. Kwee (Editor)**

**An Internal Family Systems Guide to Recovery from Eating Disorders: Healing Part by Part**  
**Amy Yandel Grabowski**

**Trauma-Informed Approaches to Eating Disorders 1st Edition**  
**by Andrew Seubert NCC LMHC (Editor), Pam Viridi MEd RMN CPN**

**Reclaiming Body Trust: A Path to Healing & Liberation** **by Hilary Kinavey MS LPC, and Dana Sturtevant, MD RD**

**A Clinician's Guide to Gender Identity and Body Image**  
**Heidi Dalzell & Kayti Protos**

**Body Image, Disordered Eating, and Gender Identity: Integrative Strategies to Help Clients Navigate Life in Their Bodies**  
**Chris Sherman**