

# Body Image Resource List

**THE RESOURCES LISTED BELOW ARE A GREAT SOURCE OF INSPIRATION, BODY IMAGE INFO, AND DIVERSE PERSPECTIVES ON BEING HUMAN**

## INSTAGRAM

[@terihofford](#)

[@yrfatfriend](#)

[@thebodyisnotanapology](#)

[@virgietovar](#)

[@transpainter](#)

[@disability\\_visibility](#)

[@your.latina.nutritionist](#)

[@alokvmenon](#)

[@heartbrainwi](#)

[@pleasureisthepoint](#)

[@fierceblackfemme](#)

[@tl.luke](#)

[@fatgirlmedia](#)

[@babes\\_and\\_botanicals](#)

[@fatchurch](#)

[@collagesfortheculture](#)

[@jessicajadeyoga](#)

## BLOGS & SITES

[Center for Body Trust](#)

[Virgie Tovar](#)

[Your Fat Friend](#)

[Sonya Renee Taylor](#)

[Teri Hofford](#)

[Meredith Noble](#)

[Disability Visibility Project](#)

[Ragen Chastain](#)

[The Joy of Eating](#)

## PODCASTS

[Maintenance Phase](#)

[Food Psych](#)

[She's All Fat](#)

[Living In This Queer Body](#)

[This Is Not About Your Body](#)

## BOOKS

[\*The Body Is Not An Apology\*](#) by Sonya Renee Taylor

[\*Pleasure Activism\*](#) by Adrienne Maree Brown

[\*Disability Intimacy\*](#) by Alice Wong (Editor)

[\*Disability Visibility\*](#) by Alice Wong (Editor)

[\*Shrill\*](#) by Lindy West

[\*Geode Theory\*](#) by Teri Hofford

[\*You Have The Right To Remain Fat\*](#) by Virgie Tovar

