

HAES® Resources

Online Training- FREE & PAID

1. HAES® Curriculum: includes 3 scripted presentations you can freely download and provides voice over videos, designed for medical residents FREE
<https://haescurriculum.com>
2. The Association for Size Diversity and Health (ASDAH) webinars: includes various topics <https://www.sizediversityandhealth.org/content.asp?id=210>
3. Green Mountain at Fox Run: webinars on various topics
<https://www.fitwoman.com/resources/webinars-weight-managment-healthy/>
4. Mindful Eating Center: various webinars, newsletters and free resources
<https://www.thecenterformindfuleating.org>
5. Am I Hungry? For professionals <https://amihungry.com/how-can-i-help-my-patients-eat-mindfully/>
6. Intuitive Eating Evelyn Tribole, Elyse Resch:
<http://www.intuitiveeating.org/resources/articles/>
7. The Mindful Dietitian: resources and training
<http://www.themindfuldietitian.com.au/resources.html>
8. Be Nourished: training and resources <https://benourished.org/training>
9. Dr. Alexis Conason 30-day Anti-Diet Plan <https://drconason.com>
10. Ellyn Satter factsheets, workshops, & resources
<http://www.ellynsatterinstitute.org>
11. PCOS and Food Peace Julie Duffy Dillon <https://pcosandfoodpeace.com>

Books

Beyond a Shadow of a Diet - Matz & Frankel
Bodies - Orbach
Body Respect – Bacon
Body Kindness - Rebecca Scritchfield
Buddha Brain - Rick Hanson
Child of Mine - Satter
Children and Teens Afraid to Eat- Berg
Core Concepts of Mindful Eating - Megrette Fletcher
Daring Greatly - Brown
Deah's Calmanac - Deah Schwartz
Eat, Drink & Be Mindful - Albers



Eat what you love, Love what you eat - Michelle May
 Eat what you love, Love what you eat for Binge Eating - Michelle May
 Eat what you love, Love what you eat for Diabetes - Michelle May & Megrette Fletcher
 Eating in the Light of the Moon - Johnson
 Eating the Moment – Somov
 EatQ – Albers
 Embody - Connie Sobszak
 Fat: A Cultural History of Obesity- Gilman
 Fat is A Feminist Issue - Orbach
 Fat Yoga - Sarah Harry
 Fearless Feeding - Jacobson
 Feeding the Hungry Heart - Roth
 From Picky to Powerful - Jacobson
 Health at Every Size - Bacon
 How to raise a Mindful Eater -Jacobson
 I'm Like, So Fat!- Neumark-Sztainer
 Intuitive Eating - Tribole & Resch
 Intuitive Eating Handbook - Tribole & Resch
 Just One Thing - Rick Hanson
 Kausman, R: If Not Dieting Then What?
 Life without ED - Schaefer
 Meal by meal - Altman
 Mindful Moments - Louise Adams
 Mindless Eating – Wansink
 Mindful Eating, Mindful Life Thich Nhat Hanh
 Mindfulness in Plain English- Gunaratana
 Mindsight - Dan Siegel
 Motivational Interviewing for Nutrition & Fitness Professionals - Dawn Clifford
 My Kid is back- Empowering Parents to Beat Anorexia Nervosa- Alexander and Grange
 Nutrition Counselling in the Treatment of Eating Disorders - Herrin
 Packaging Girlhood- Rescuing our daughters from marketers' schemes- Lamb & Brown
 Preventing Eating-Related and Weight-Related Disorders- McVey, Levine, Piran & Ferguson
 Secrets of Feeding a Healthy Family - Satter
 Self Compassion – Neff
 Strengths Finder 2.0- Rath
 Radical Acceptance – Brach
 Real Kids Come in All Sizes- Kater
 Rising Strong - Brown
 The Body Image Workbook – Cash
 The Diet Survivor's Handbook- Matz and Frankel
 The Fat Chick Works Out! DePatie
 The Gifts of Imperfection – Brown
 The Gift of Our Compulsions- O'Malley
 The Non Diet Approach Guidebook for Dietitians - Fiona Willer
 The Non Diet Approach Guidebook for Psychologists - Fiona Willer & Louise Adams
 The Diet Survivors Handbook - Matz & Frankel
 The Happiness Trap - Harris
 When food is love - Roth
 Women, Food & God - Roth
 Yoga & Eating Disorders – Costin



You Can Heal Your Life- Hay
Your Childs weight - helping without harming - Satter

Podcasts

Body Love (Jessi Haggerty)
Body Kindness (Rebecca Scritchfield)
Dietitians Unplugged (Glenys Oyston & Aaron Flores)
Every Body (Daria Matza)
Food Psych (Christy Harrison)
Love, Food (Julie Duffy Dillon)
Mind Body Musings (Madelyn Moon)
The Mindful Dietitian (Fiona Sutherland)

TED Talks

Amy Cuddy- Your Body Language May Shape Who You Are
ASDAH- Poodle Science
ASDAH- When your client says, "But I need to lose weight!"
Brene Brown – The Power of Vulnerability
Brene Brown - Shame
Brittany Gibbons – Swimsuits
Cameron Russel – Thin Privilege
Golda Poretsky – HAES
Judith Matz- 5 Keys to Helping Your Client Cultivate a Positive Body Image
Kori Kostka- For the Love of Food
Kristin Neff- The Space Between Self-Esteem and Self-Compassion
NEDIC (Kori Kostka)- HAES
NEDIC (Kori Kostka)- Managing Diabetes with a Mindful Eating Approach
NEDIC (Kostka, Eisen, Mariano)- It's the diet mentality we need to lose
Shawn Achor- The Happy Secret to Better Work

YouTube

A Fat Rant - Joy Nash
ASDAH
Dr Rick Hanson - Feel the Good
Dr Dan Siegel
One Mindful Bite - Fiona Sutherland
NEDIC The National Eating Disorder Information Centre
The Mindful Dietitian - Channel
What is Mindful Eating? - Fiona Sutherland

Facebook

GTA HAES® Practitioners- for practitioners using HAES in the GTA
Health At Every Size® (HAES)
Linda Bacon HAES
HAES RD
Health At Every Size® Therapists and Nutritionist
ASDAH- for members only



Blogs:

<https://healthateverysizeblog.org>

<https://drconason.com/blog/>

<http://www.themindfuldietitian.com.au/blog>

<http://fatchicksrule.blogs.com>

<http://www.drdeah.com/dr-deah-ja-vu-6/>

<https://www.joseesovinskynutrition.com/blog/>

<http://www.juliedillonrd.com/blog>

<http://www.bodyloved.com/home/>

<http://www.bodykindnessbook.com/blog/>

<https://christyharrison.com/blog/>

<http://vincitsui.com/blog/#.WcxJoMbMyCQ>

<http://adinapearson.com>

<http://www.seasonednutrition.org/blog/>

<http://www.jessihaggerty.com/blog/>

<https://marcird.com/blog/>

<http://www.jenniferrollin.com/blog>

<http://www.nurturedmama.net>