



# Books

*Some of our favorite books. Let us know if you have another one that you recommend! We love to keep learning too!*

## **ANTI-DIET: RECLAIM YOUR TIME, MONEY AND HAPPINESS THROUGH INTUITIVE EATING**

*-by Christy Harrison*

## **LANDWHALE**

*-by Jes Baker*

## **INTUITIVE EATING AND INTUITIVE EATING WORKBOOK**

*-by Evelyn Tribole and Elyse Reisch*

## **THE BODY IS NOT AN APOLOGY**

*-by Sonya Renee Taylor*

## **BODY RESPECT**

*-by Lindo Bacon and Lucy Aphramor*

## **THE F\*CK IT DIET**

*-by Caroline Dooner*

## **BODY POSITIVE POWER**

*-by Megan Jayne Crabb*

## **REHABILITATE, REWIRE, RECOVER! ANOREXIA RECOVERY FOR THE DETERMINED ADULT**

*-by Tabitha Farrar*

## **JUST EAT IT**

*-by Laura Thomas*

## **NOURISH: HOW TO HEAL YOUR RELATIONSHIP WITH FOOD, BODY AND SELF**

*-By Heidi Schauster*

## **WHAT'S WRONG WITH FAT?**

*-by Abigail Saguy*

## **SAVVY GIRL, A GUIDE TO EATING**

*-by Brittany Deal and Sumner Brooks*

## **BEYOND A SHADOW OF A DIET**

*-by Judith Matz and Ellen Frankel*

## **BODY OF TRUTH**

*-by Harriet Brown*

## **FAT!SO?**

*-by Marilyn Wann*



**Courage to Nourish**

Website: [couragetonourish.com](http://couragetonourish.com)

Phone: (301) 202-4532

Email: [hello@couragetonourish.com](mailto:hello@couragetonourish.com)

Location: College Park and Columbia, MD

We offer virtual appointments