

Client Resources

See the resources and links below to learn more about intuitive eating and a weight neutral approach. If you have any questions, do not hesitate to reach out to katie@katiehake.com.

Research Studies:

- [More on Weight Science](#)
- [Studies on Intuitive Eating](#)

Books:

All books listed on Katie's Amazon Shop - www.amazon.com/shop/kthake - When you purchase using this link, I may earn a small commission, however do not feel obligated to use! I have just found it easiest to add to this growing list in one spot.

Intuitive Eating

- Intuitive Eating 4th Edition by Tribole & Resch
- The Intuitive Eating Workbook by Tribole & Resch
- The Intuitive Eating Workbook for Teens by Resch

Body Image

- Body Kindness by Scritchfield
- The Body is Not an Apology by Taylor
- The Body Image Workbook by Cash
- The Body Project - A Dissonance-Based Eating Disorder Prevention Program by Stice
- Landwhale: On Turning Insults into Nicknames, Why Body Image is Hard, and How Diets Can Kiss My Ass by Baker
- Handbook of Body Positive Body Image and Embodiment: Constructs, Protective Factors, and Interventions by Tylka & Piran

Boundaries

- Boundaries (When to Say YES WHEN to Say NO to Take Control by Cloud
- Crazy Busy by Hallowell

Dieting

- Anti-Diet by Harrison
- The F*ck It Diet by Dooner
- Just Eat It by Thomas
- The Religion of Thinness: Satisfying the Spiritual Hungers Behind Women's Obsession with Food and Weight by Lelwica
- The Great Starvation Experiment by Tucker

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HEALTH ——— FITNESS

Health at Every Size

- Health at Every Size: The Surprising Truth About Your Weight by Bacon
- Body Respect: What Conventional Health Books Get Wrong, Leave Out, and Just Plain Fail to Understand about Weight
- The Obesity Paradox: When Thinner Means Sicker and Heavier Means Healthier by Lavie

Trauma

- Waking the Tiger: Healing Trauma by Levine
- The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma by Van der Kolk

Other

- Fear of the Black Body: The Racial Origins of Fat Phobia by Strings
- Self-Compassion: The Proven Power of Being Kind to Yourself by Neff
- Train Happy: An Intuitive Exercise Plan for Every Body by Tally Rye
- Gentle Nutrition by Rachael Hartley
- Kindred Table: Intuitive Eating for Families by Emily Weeks

Eating Disorders

- Sick Enough by Gaudiana
- Almost Anorexic: Is My (or My Loved One's Relationship with Food a Problem?) (The Almost Effect) by Thomas

Diabetes

- Eat What You Love with Diabetes: A Mindful Eating Program for Thriving with Prediabetes or Diabetes by Michelle May

Podcasts

- Fit Friends Happy Hour Podcast with yours truly
- Food Psych Podcast with Christy Harrison
- Love Food Podcast with Julie Duffy Dillon
- Social Media: #IntuitiveEatingOfficial