

The Mindful Dietitian - Resources

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Resources marked as ** as specifically designed for use by professionals

New here? These are perfect **START HERE** resources

Practising as a Non Diet Dietitian, getting started

<http://www.wholegreenwellness.com/what-it-means-to-be-a-non-diet-dietitian/>

<https://www.feedyourzest.com/blog/2018/9/14/on-practicing-in-the-grey-integrating-intuitive-eating-and-medical-nutrition-therapy>

Non Diet Approach, Diet Recovery

**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

Beyond a Shadow of a Diet - Matz & Frankel

Kausman, R: If Not Dieting Then What?

Intuitive Eating, Mindful Eating

Intuitive Eating - Tribole & Resch

Intuitive Eating Handbook - Tribole & Resch

**Core Concepts of Mindful Eating - Megrette Fletcher

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 the Moment - Somov

Meal by meal - Altman

Eat, Drink & Be Mindful - Albers

EatQ - Albers

Nourish - Heidi Schuster

Thich Nhat Hanh; Mindful Eating, Mindful Life

How to raise a Mindful Eater, From Picky to Powerful - Maryann Jacobson

Mindful Eating for parents & children - Megrette Fletcher

<https://megrette.com/kids-menu/>

The Center for Mindful Eating (USA)

<http://www.thecenterformindfuleating.org>

Intuitive Eating (Tribole & Resch)

www.intuitiveeating.com

www.evelyntribole.com

The Mindful Dietitian

www.themindfuldietitian.com.au

The Mindful Eating Networks

www.mindfuleatingnetwork.com

Mindful Eating, Concious Living

www.me-cl.com/

Health At Every Size

Health at Every Size - Bacon

Body Respect - Bacon & Aphramor

Mindfulness

Radical Acceptance - Brach
Mindful Moments - Louise Adams
Just One Thing - Rick Hanson
Buddha Brain - Rick Hanson
Mindsight - Dan Siegel

Mindful Practices for Living (Donald Altman)
www.mindfulpractices.com

MBSR Courses (Australia)

Open Ground
<http://openground.com.au/australia-wide-courses.html>

The Clarity Centre, Melbourne
<http://www.claritycentre.com.au/MBSR--Stress-reduction-.html>

Supervision

DAA guidelines

Body Image, Body Politics

Embody - Connie Sobczak

Body Kindness - Rebecca Scritchfield
Dr Deah's Calmanac - Deah Schwartz
Bodies - Orbach
Fat is A Feminist Issue - Orbach
The Body Image Workbook - Cash
Digesting Feminities - Jovanovski
Things No One Will Tell Fat Girls - Baker

www.fatnutritionist.com

www.adiosbarbie.com

www.bodyimagehealth.org

www.thebodypositive.org

www.bodylovewellness.com

www.danceswithfat.com

Eating Disorder Recovery

Nutrition Counselling in the Treatment of Eating Disorders - Herrin

Yoga & Eating Disorders - Costin

Eating in the Light of the Moon - Johnson

Life without ED - Schaefer

ED for Dietitians Online Training - Marci Evans

<http://www.marciird.com/>

EDs and Sport - Fiona Sutherland

<https://theminfuldietitian.teachable.com/p/eating-disorders-and-athletes-a-course-for-sports-dietitians>

Family feeding

Secrets of Feeding a Healthy Family - Satter

Your Child's weight - helping without harming - Satter

Child of Mine - Satter

From Picky to Powerful - Jacobson

Fearless Feeding - Jacobson

How to raise a mindful eater - Jacobson

Books - Other

Motivational Interviewing for Nutrition & Fitness Professionals - Dawn Clifford

Self Compassion - Neff

The Gifts of Imperfection - Brown

Daring Greatly - Brown

Rising Strong - Brown

Women, Food & God - Roth

Feeding the Hungry Heart - Roth

When food is love - Roth

Fat is a Feminist Issue - Orbach
Fat Yoga - Sarah Harry
The Happiness Trap - Harris
Mindsight - Dan Siegel

www.selfcompassion.org

www.everydayfeminism.com

www.psychcentral.com

Podcasts:

Food Psych (Christy Harrison)
The Mindful Dietitian (Fiona Sutherland)
Dietitians Unplugged (Glenys Oyston & Aaron Flores)
Love, Food (Julie Duffy Dillon)
Body Love (Jessi Haggerty)
Body Kindness (Rebecca Scritchfield)
Every Body (Daria Matza)
All Fired Up (Louise Adams)
Mind Body Musings (Madelyn Moon)
Don't Salt My Game (Laura Thomas)
Nutrition Matters (Paige Smathers)

Mindfulness & Meditation Apps

Smiling Mind

Stop Breathe Think

Headspace

Calm

Free audio downloads;

[UCSD Health:](#)

[Tara Brach guided meditations](#)

[UCLA Mindfulness Centre](#)

TED Talks (www.ted.com)

Brene Brown – The Power of Vulnerability

Brene Brown - Shame

Cameron Russel – Thin Privilege

Brittany Gibbons – Swimsuits

Golda Poretsky – HAES

Kelli- Jean Drinkwater – Fat Activism (TED Australia)

You Tube

The Mindful Dietitian - Channel

A Fat Rant - Joy Nash

One Mindful Bite - Fiona Sutherland

What is Mindful Eating? - Fiona Sutherland

Dr Rick Hanson - Feel the Good

Dr Dan Siegel

Schools-based education resources

[Healthy Eating in Schools: Evidence-Based Interventions to Help Kids Thrive](#)

[Media Literacy as an Effective and Promising Form of Eating Disorders Prevention - Eating Disorders Catalogue](#)

[Materials | Body Project Facilitator Support | \[www.bodyprojectsupport.org\]\(http://www.bodyprojectsupport.org\)](#)

[Healthy Bodies Curriculum](#)