

Dancers Don't Diet

Recommended Books and Resources



These are the books and podcasts that we recommend as they are helpful and inspirational in fostering healthful eating behaviours and positive body image.

Please note that this list can change anytime as we endeavour to keep things updated!

Books

- If Not Dieting Then What (Dr Rick Kausman)
- Beauty Myth (Naomi Wolf)
- Health At Every Size: The Surprising Truth About Your Weight (Linda Bacon)
- No Weigh! A Teen's Guide to Positive Body Image, Food and Emotional Wisdom (Shelley Aggarwal)
- Body Kindness (Rebecca Scritchfield)
- Big Girls (Kelsey Miller)
- Beyond A Shadow of a Diet (Judith Matz and Ellen Frankel)

Eating Disorders/Disordered Eating specific:

- Sick Enough (Dr Jennifer Gaudiani)
- Eating In The Light Of The Moon (Dr Anita Johnston)

Podcasts

- Food Psych (Christy Harrison)
- Love Food (Julie Duffy Dillon)
- All Fired Up (Louise Adams)
- Dietitians Unplugged (Aaron Flores and Glenys Oyston)
- Body Love Project (Jessi Haggerty)
- The Mindful Dietitian (Fiona Sutherland)

Dancers Don't Diet: Nurturing dancers with a healthy mind and body.

We specialise in Non-Diet performance nutrition and eating disorder treatments based upon HAES® philosophies. Please feel free to contact us on: info@dancersdontdiet.com.au.