

Recovery Space Resources



**Disclaimer: Please note, BANA does not own recommended resources, and does not control posted content. Please use with caution at your own discretion. BANA will not be held responsible for potentially triggering content.*

Websites

<https://bodybrave.ca/>

<https://www.bodyconfidencecanada.com/>

<https://nedic.ca/>

<https://nied.ca/>

<https://edsna.ca/>

<https://www.recoverywarriors.com/>

<https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself>



Podcasts

“Be Yourself: Happy, Healthy, Hopeful”, by BANA’s Health Educator, Stephani Fenkanyn

“Food Psych”, by Christy Harrison

“Intuitive Bites”, by Kirsten Ackerman

“ED Matters”, by Gurze/Salucore

“The Full Bloom: Body-Positive Parenting”, by the Full Bloom Project

“The Recovery Warrior Show”, by Jessica Flint & Recovery Warriors

“Eating Disorders: Navigating Recovery”, by Catherine Brown & Francis Lacobucci

“The Body Image Podcast”, by Corinne Dobbas

“Balance is Key”, by Brittani Lancaster

“The F*ck It Diet”, by Caroline Dooner

“Maintenance Phase”, by Aubrey Gordon & Michael Hobbes



Social Media

[@thebodylovesociety](#)

[@the_nedic](#)

[@bodyconfidencecanada](#)

[@eatingdsna](#)

[@bodybravecanada](#)

[@nied_ca](#)

[@bodyposipanda](#)

[@projectheal](#)

[@littlearthlings](#)

[@positivelypresent](#)

[@positiveminds](#)

[@recoverywarriors](#)

[@Ilovemylgbtbody](#)

[@thenutritiontea](#)

[@isarobinson_nutrition](#)

[@i_weigh](#)

[@danaemercer](#)

[@brittanilancaster](#)



YouTube

The NEDIC on Youtube for webinars, educational series, and informational videos on ED topics.

“Reverse Selfie”, by Dove
<https://youtu.be/z2T-Rh838GA>

“Body Evolution”, by Dove
<https://www.youtube.com/watch?v=iYhCn0jf46U>

“Real Beauty Sketches”, by Dove
<https://www.youtube.com/watch?v=XpaOjMXyJGk>

“Eating Disorders: Beyond the Myths”, by The NEDIC
<https://youtu.be/Qp80hbqBrfQ>

“Removing the Stigma of Talking About Eating Disorders - Gabrielle Bernstein - TEDxSaintAndrewsSchool”, by TEDx Talks
https://www.youtube.com/watch?v=iVnAqc_5ppk

“An Eating Disorder Specialist Explains How Trauma Creates Food Disorders”, by VICE
<https://www.youtube.com/watch?v=7VZNGgDjsMo>

“Eating disorders: a mental illness, not a lifestyle choice - Viveca Lee - TEDxMcGill”, by TEDx Talks
<https://www.youtube.com/watch?v=CQ9KhtNrygE>



Reading

“The Rules of Normal Eating: A Commonsense Approach for Dieters, Overeaters, Undereaters, Emotional Eaters and Everyone in Between”, by Karen R. Koenig

https://www.amazon.ca/Rules-Normal-Eating-Commonsense-Undereaters/dp/0936077212/ref=tmm_pap_swatch_0?encoding=UTF8&qid=1619718572&sr=1-1

“The Intuitive Eating Workbook: Ten Principles for Nourishing a Healthy Relationship with Food”, by Evelyn Tribole & Elyse Resch

<https://www.amazon.ca/Intuitive-Eating-Workbook-Principles-Relationship/dp/1626256225>

“The Food and Feelings Workbook: A Full Course Meal on Emotional Health”, by Karen R. Koenig

https://www.amazon.ca/Food-Feelings-Workbook-Course-Emotional/dp/0936077204/ref=sr_1_1?dchild=1&keywords=food+and+feelings&qid=1619718275&sr=1-1

“Mind Over Mood: Change How You Feel by Changing the Way You Think”, by Dennis Greenberger & Christine A. Padesky

<https://www.amazon.ca/Mind-Over-Mood-Second-Changing/dp/1462520421>

“Sick Enough”, by Jennifer L. Gaudiani

<https://www.amazon.ca/Sick-Enough-Medical-Complications-Disorders/dp/0815382456>

“The Body Keeps the Score”, by Bessel van der Kolk

<https://www.amazon.ca/Body-Keeps-Score-Healing-Trauma/dp/0670785938>



Reading

“The Mind-Gut Connection: How the Hidden Conversation Within Our Bodies Impacts Our Mood, Our Choices, and Our Overall Health”, by Emeran Mayer

<https://www.amazon.ca/Mind-Gut-Connection-Conversation-Impacts-Choices/dp/0062376551>

“Enjoy It All: Improve Your Health and Happiness with Intuitive Eating”, by Sarah Berneche

<https://www.amazon.ca/Enjoy-All-Improve-Happiness-Intuitive/dp/1628604085>

“Love Your Body, Love Your Life”, by Sarah Maria

<https://www.amazon.ca/Love-Your-Body-Life-Confidently/dp/1605501530>

“Goodbye ED, Hello Me: Recovery from Your Eating Disorder and Fall in Love with Life”, by Jenni Schaefer

<https://www.amazon.ca/Goodbye-Ed-Hello-Me-Disorder/dp/0071608877>

“The F*ck It Diet”, by Caroline Dooner

<https://www.amazon.ca/Diet-Eating-Should-Be-Easy-ebook/dp/B07C685Q6L>

“Love Your Body: Your Body Can Do Amazing Things”, by Jessica Sanders

<https://www.amazon.ca/Love-Your-Body-Jessica-Sanders/dp/0711252424>

“Body Respect”, by Linda Bacon

https://www.amazon.ca/Body-Respect-Conventional-Health-Understand/dp/1940363195/ref=sr_1_1?crid=D3W6BNMWOB6X&keywords=body+respect&qid=1643034813&s=books&sprefix=body+respect%2Cstripbooks%2C69&sr=1-1



Apps



Recovery Record (or RR Eating Disorder Management)



Rise Up + Recover



Brighter Bite



Good Blocks

