

## BCM Website resources: Books

### **The Body Image Workbook** by Thomas Cash

An Eight-Step Program for Learning to Like Your Looks

<https://www.newharbinger.com/body-image-workbook-second-edition?PC=583>

### **The honest body project: Real stories and untouched portraits of women** by Natalie McCain

Photographic portraits of mothers' bodies exploring the beauty of imperfection

<http://thehonestbodyproject.com/>

### **The bodies of mothers: A beautiful body project** by Jade Beall

A series of portraits showing mothers bodies in very honest empowering pictures. You can see Jade Beall in an inspiring TEDx talk to hear more about the book

<http://greenwriterspress.com/book/a-beautiful-body-project-the-bodies-of-mothers/>

<https://www.youtube.com/watch?v=yWvmYQLDbow>

### **Body Respect** by Linda Bacon & Lucy Aphramor

Bacon & Aphramor cover the latest science on size, weight, and diet in clear, lively language rigorously supported by data

<https://lindabacon.org/body-respect-book/>

### **The woman in the mirror** by Cynthia Bulik

Cindy Bulik is a clinical psychologist with expertise in treating and researching eating disorders. As a mother of three children with a hectic working life, she knows about the pressures of self-care.

<http://www.cynthiabulik.com/books/the-woman-in-the-mirror/>

### **Fat is a feminist issue** by Susie Orbach

Originally published in 1978 this seminal work has remained relevant to today. Charting the rise of a culture assessed with appearance and weight, Orbach provides readers with reasons for rejecting appearance pressures.

<https://www.penguin.co.uk/articles/find-your-next-read/extracts/2015/mar/24/fat-is-a-feminist-issue-by-susie-orbach/>

<https://www.independent.co.uk/news/people/profiles/susie-orbach-why-fat-is-still-a-feminist-issue-9247749.html>