**Finding Freedom from Anorexia Resources**

**Self-Compassion:**

Kristen Neff’s Website, which has self-compassion exercises and a self-assessment:

<http://self-compassion.org/>

Self-Compassion Meditations: <http://self-compassion.org/guided-self-compassion-meditations-mp3-2/>

Self-Compassion by Kristen Neff

**Body Image:**

Body Respect by Dr. Linda Bacon

Embody by Connie Sobczak

Jennifer Rollin’s Body Gratitude Meditation:

<https://www.youtube.com/watch?v=k5ZB2ZZuqcQ>

**Eating Disorder Recovery:**

The 8 Keys to Recovery From an Eating Disorder Workbook and Book by Carolyn Costin

Life Without Ed by Jenni Schaefer

The Pause Skill for Anorexia Recovery: <https://www.youtube.com/watch?v=0YdyidsZssU>

Article on uncomfortable fullness in recovery: <https://www.recoverywarriors.com/practical-solutions-tame-tummy-recovering-eating-disorder/>

Article, “To the Person With An Eating Disorder Who Feels Like Giving Up on Recovery,” <https://www.huffingtonpost.com/entry/to-the-person-with-an-eating-disorder-who-feels-like_us_57a1e3abe4b00e7e26a0937f>

Article, “Four Tips For Facing Fear Foods” <https://www.jenniferrollin.com/blog/4-tips-for-facing-fear-foods-in-eating-disorder-recovery>

Article on radical acceptance: <https://www.huffingtonpost.com/entry/the-importance-of-practicing-radical-acceptance_us_592da801e4b0a7b7b469cd99>

Article on opposite action: <https://www.huffingtonpost.com/entry/the-power-of-feeling-an-urge-and-doing-an-opposite_us_58bd5f47e4b02eac8876d0f5>

**Facebook Groups:**

Life Unrestricted

The Moderation Movement

Health At Every Size and Eating Disorder Recovery

**Podcasts:**

Food Psych by Christy Harrison

The Body Love Project by Jessi Haggerty

Life Unrestricted by Meret Boxler

Fearless Rebelle Radio with Summer Innanen