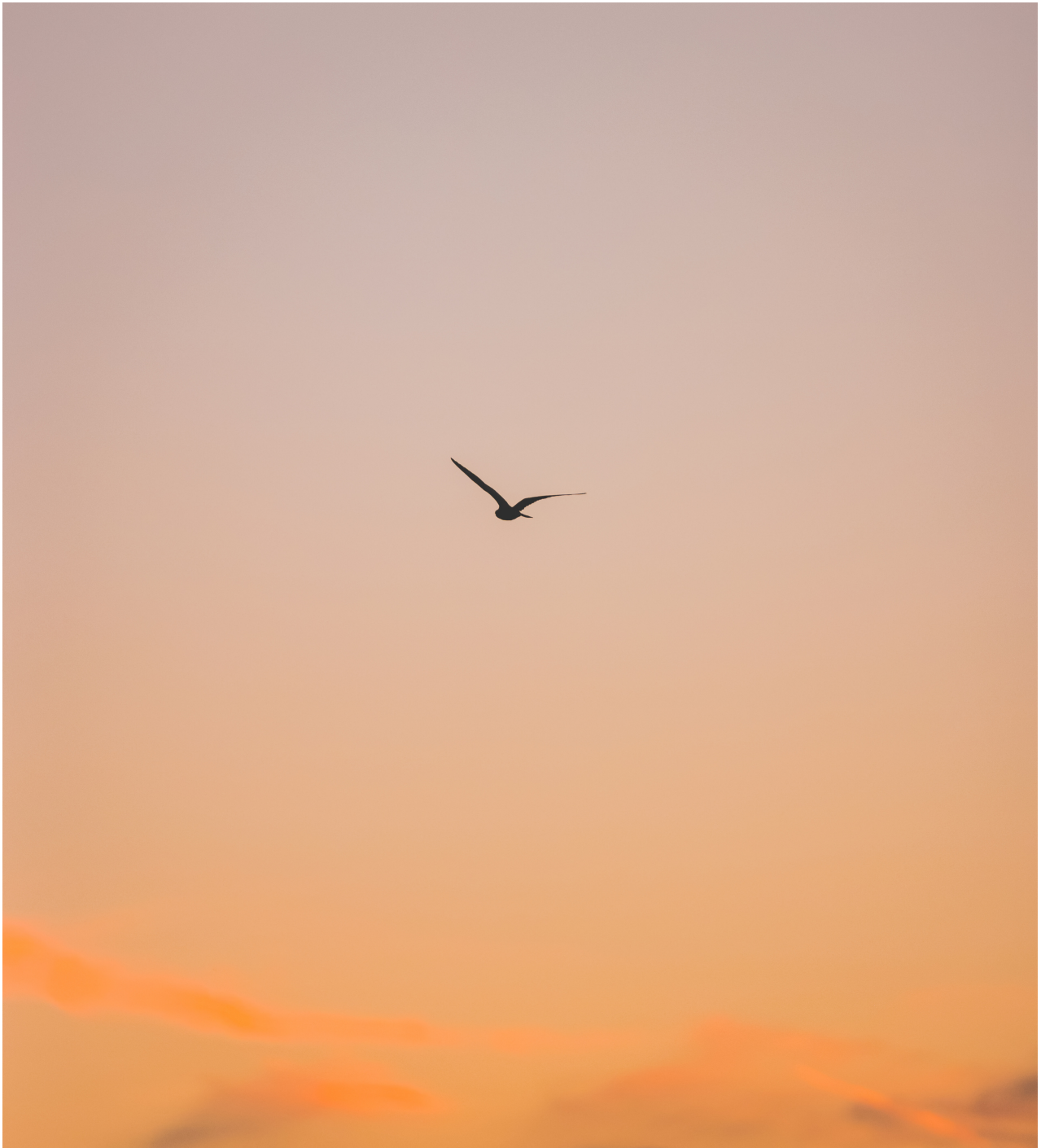


# A JOURNEY TO FULLNESS

With Rachel Anne Hobbs R.D. PgDip. MBDA. CHyp.



# MY RESOURCES

Welcome to your resources, these are a collection of websites, books, apps and videos that you may want to explore further to support you on your journey to fullness. These are discussed along your journey but have been put together in alphabetical order below for ease.

Worksheets [[click here to download](#) - password "sunshine")

- Being present with feelings using RAIN
- Cognitive behavioural therapy basics
- Cognitive behavioural therapy basics thought reframing worksheets
- Distress tolerance self script example and worksheet
- Exploring feelings as body sensations worksheet
- Falling forwards worksheet
- Media literacy, questions to ask yourself
- Stress management strategies
- The healing threes quick start

## Further reading

## Web pages

- [Binge eating disorder](#)
- [Calcium food facts](#)
- [Cognitive behavioural therapy overview](#)
- [Counselling today: polyvagal theory](#)
- [Dance therapy research](#)
- [Diet culture and the patriarchy](#)
- [Diminishing the power of the inner critic](#)
- [Ecotherapy, a forgotten eco system \(research paper\)](#)
- [Eight tips for healing your inner child](#)
- [Exploring "healthy eating" \(British Dietetic Association\)](#)
- [Food systems information](#)
- [Good therapy: Window of tolerance](#)
- [Health At Every Size](#)
- [How to grow green beans indoors](#)
- [Hunger and satiety scale](#)
- [Introducing the inner critic](#)
- [Intuitive Eating principles](#)

- [Iron food facts](#)
- [Irritable bowel syndrome \(IBS\) information](#)
- [Meeting self judgement with self compassion](#)
- [Nurturing your inner child](#)
- [Obesity systems map](#)
- [Probiotics food facts](#)
- [Recovering with nature \(research paper\)](#)
- [Self weighing](#)
- [Set Point Theory](#)
- [Set Point Theory Research](#)
- [Systematic review: exercise-induced gastrointestinal syndrome.](#)
- [The "eating disorder voice"](#)
- [The feelings wheel](#)
- [The starvation experiment](#)
- [The weight of diet culture](#)
- [Weight stigma](#)

## Books

- Brave Enough, Cheryl Strayed
- Fearing the Black Body, Sabrina Strings
- Food isn't medicine, Dr Joshua Wolrich
- Health at Every Size, Lindo Bacon
- In an Unspoken Voice, Peter Levine
- Is Butter a Carb?, Helen West and Rosie Saunt
- Overcoming Binge Eating, Christopher Fairburn
- Recovery 2.0, Tommy Rosen
- Roar, Stacy Sims
- The Beauty Myth, Naomi Wolf
- The Body Keeps the Score, Bessel Van der Kolk
- The Gifts of Imperfection, Brenne Brown
- The Truth about Exercise Addiction, Katherine Schrieber
- Untamed, Glennon Doyle
- Women, food and god, Geneen Roth

## Videos

- [All In with Stephanie Buttermore](#)
- [If we want a better world we have to kill diet culture with Susan Hyatt](#)
- [Neurobiology of eating disorders with Amber Scott](#)
- [Train Happy with Tally Rye](#)
- [Yoga with Adriene](#)
- [Women are not small men with Stacy Sims](#)

## Meditations

- [Loving Kindness Meditation](#)
- [Self Love Meditation](#)
- [Gratitude Meditation](#)
- [Body Scan Meditation](#)
- [Inner Child Meditation](#)
- [Energy Centre Meditation](#)
- [Restrict and Rebel Meditation](#)
- [Self Esteem Meditation](#)
- [Embodiment Meditation](#)

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