A Few Resources on Body Justice

Sonya Renee Taylor’s book *The Body Is Not An Apology* (which is also the name of her organization for social change). You can also watch her TED talk titled claiming the political act of being one’s self.

Dr. Gail Parker’s upcoming book *Restorative Yoga for Ethnic and Race-Based Stress and Trauma*

Dr. Sabrina Strings book *Fearing the Black Body: The Racial Origins of Fat Phobia*

Dianne Bondy’s book *Yoga For Everyone: 50 Yoga Poses for Every Type of Body*

Michelle C. Johnson’s book *Skill In Action: Radicalizing Your Yoga Practice to Create a Just World*

*The Body Trauma Podcast* by Nia Patterson

*Food Psych podcast* with Christy Harrison

Joy Cox’s book *Fat Girls in Black Bodies: Creating Communities of Our Own* as well as this *interview* she gave about the racist roots of diet culture, as well as how intersecting identities affect our experience of body image.

Dr. Lindo Bacon’s & Lucy Aphramor’s books *Health at Every Size: The Surprising Truth About Your Weight* and *Body Respect: What Conventional Health Books Get Wrong, Leave Out, and Just Plain Fail To Understand About Weight*

**Learn With Amber**

*Accessible Yoga Training Online* - become a certified Accessible Yoga teacher, enrolling now!

*Yoga For All Online Teacher Training*: co-created with Dianne Bondy. Opens for registration in the fall and spring each year. Drop your email at [https://yogaforalltraining.com](https://yogaforalltraining.com) to get a free mini video course from Dianne & Amber, plus you’ll join the waitlist for when registration opens.

*Body Positive Yoga* - Amber’s website, which includes her *Body Positive Clubhouse* (a membership site for yoga and self-acceptance resources) and her *Chair Yoga Program*. 