

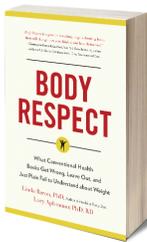


Lindo Bacon's Resources

I M A G I N E

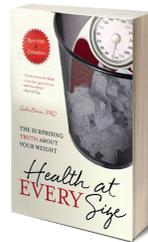
A WORLD WHERE ALL BODIES ARE VALUED AND ALL PEOPLE ARE SUPPORTED IN COMPASSIONATE SELF-CARE.

BOOKS



LINDA BACON & LUCY APHRAMOR
BODY RESPECT: WHAT CONVENTIONAL HEALTH BOOKS GET WRONG, LEAVE OUT, AND JUST PLAIN FAIL TO UNDERSTAND ABOUT WEIGHT
BENBELLA BOOKS, 2014.

Integrating a social justice agenda, *Body Respect* critiques weight science, explains the fallout of a health agenda based on thinness as the goal, and offers an alternative path to compassionate and effective health care and self-care.



LINDA BACON
HEALTH AT EVERY SIZE: THE SURPRISING TRUTH ABOUT YOUR WEIGHT
BENBELLA BOOKS, 2010.

Renowned for its captivating storytelling (including behind-the-scenes government and industry exposés!), easy to implement self-help advice, scientific information, and details of a research study that helped put HAES® perspective on the map. Promotes an earlier conception of HAES, which has a greater emphasis on lifestyle change and less integration with social justice perspective than reflected in *Body Respect* and the current HAES movement.

ACADEMIC BACKGROUND



BACON, L., & APHRAMOR, L. WEIGHT SCIENCE: EVALUATING THE EVIDENCE FOR A PARADIGM SHIFT, NUTRITION JOURNAL, 2011, 10(9).

This is the premiere peer-reviewed article that has up-ended thinking about weight. Includes convincing arguments that support a paradigm shift from weight to respect, meticulously referenced. In academic voice.

JOIN THE HEALTH AT EVERY SIZE COMMUNITY



ASDAH: THE ASSOCIATION FOR SIZE DIVERSITY AND HEALTH

www.sizediversityandhealth.org

As a non-profit organization with an international membership committed to the practice of the Health At Every Size® (HAES®) Principles, ASDAH envisions a world that celebrates bodies of all shapes and sizes, in which body weight is no longer a source of discrimination and where oppressed communities have equal access to the resources and practices that support health and well being.

(Linda is a supporting member of ASDAH, but is not, nor has she ever been, in a leadership role.)



HEALTH AT EVERY SIZE COMMUNITY RESOURCES

www.HAESCommunity.org

www.HAESCommunity.org is in three parts: the **HAES Pledge**—a great way to help you channel your energy and feel like you're supporting the cause; a searchable **Registry** for finding (and promoting) HAES practitioners; and a list of HAES-sensitive books, websites, and other **Resources**. Well over 10,000 people have signed the Pledge. Will you join us? (Linda established the community and financially sustains it. Community members are responsible to enter their own information into the database, which is moderated by volunteers.)

Visit LindoBacon.Com

Take advantage of the searchable resources (hundreds!), whether to arm yourself with the tools to be a good advocate for the cause, to learn about a specific topic (intuitive eating? thin privilege? weight stigma?) or to send a link to the specific pages that can support and educate your doctor, dietitian, fitness instructor, kid's teacher, dieting friend, and more...

The Body Manifesto highlights the importance of this global change movement. The accompanying video series can help inspire you and help you educate the people in your life, both personally and professionally.

SOME VIDEO TEASERS:

- Diets. Don't. Work. Here's what does...
- BMI and weight are lousy measures of health. Here's why...
- Too many victims in this war on obesity. Let's put health - and caring - back at the heart of health care. Prescription here...
- The real villain in poor health revealed. Hint, it's not weight...

To keep up with breaking news, opinion and commentary, join the community over on [Facebook](#) and [Twitter](#). It's a great way to share conversation and support. Lindo mines the web, their networks, the latest research, and posts the links; you get to talk!

Lindo's traveling the world building community, offering workshops, speaking at conferences, schools, worksites, and other venues, writing about injustice and revolution, and fostering transformation.

Subscribe to their free newsletter for occasional updates and insights.

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LINDOBACONSPEAKS.COM

RADICAL BELONGING:

HOW TO SURVIVE AND THRIVE
IN AN UNJUST WORLD
(AND TRANSFORM IT FOR THE BETTER)

LINDO BACON, PHD

FORMERLY LINDA



“Belonging has been a formative struggle for me. Like most people with marginalized identities, my experience as a queer person has taught me that it’s hard to be yourself and feel like you belong in a culture that is hostile to your existence. That’s why my body of work as a scientist, author, professor, speaker, and advocate for body liberation always comes back to the impact of belonging or not belonging.”

Radical Belonging is my manifesto, helping us heal from the individual and collective trauma of injustice and support our transition from a culture of othering to one of belonging.”

LINDO BACON

TOO MANY OF US FEEL ALIENATED FROM OUR BODIES. THIS ISN'T YOUR PERSONAL FAILING; IT MEANS THAT OUR CULTURE IS FAILING YOU.

We are in the midst of a cultural moment. #MeToo. #BlackLivesMatter. #TransIsBeautiful. #AbleismExists. #EffYourBeautyStandards. Those of us who don't fit into the "mythical norm" (white, male, cisgender, able-bodied, slender, Christian, etc.)—which is to say, most of us—are demanding our basic right: To know that who we are matters. To belong.

Being "othered" and the body shame it spurs is not "just" a feeling. Being erased and devalued creates structural and material realities that impact our ability to regulate our emotions, our relationships with others, our health and longevity, our finances, our ability to realize dreams, and whether or not we will be accepted, loved or even safe.

Radical Belonging is not a simple self-love treatise. Focusing only on self-love ignores the important fact that we have negative experiences because our culture has targeted certain bodies and people for abuse or alienation. For marginalized people, a focus on self-love can be a spoonful of sugar that makes the oppression go down. This groundbreaking book goes further, helping us to manage the challenges that stem from oppression and moving beyond self-love and into *belonging*.

With Lindo Bacon's signature blend of science and storytelling, *Radical Belonging* addresses the political, sociological, psychological and biological underpinnings of your experiences, helping you understand that the alienation and pain you are experiencing is not personal, but human. The problem is in injustice, not you as an individual.