

PROFESSOR • RESEARCHER • AUTHOR • SPEAKER • CHANGEMAKER

## Linda Bacon, PhD

...is on a mission to end the war on obesity and other marginalized bodies. She is inspiring a global revolution with one over-arching goal: to transform our culture of body injustice into one in which all people are valued and respected.

She asks you to...

## IMAGINE

Imagine a world where all bodies are valued and all people are supported in compassionate self-care.

## LET'S BEGIN TODAY!

Here are 2 of Linda's most requested presentations.

### **BODY RESPECT FOR ALL BODIES: KICKING THE DIET HABIT & MOVING ON**

Most people struggle with their weight, whether they believe they're too fat or fear becoming fat, whether their focus is on appearance or health. In this provocative seminar, Dr. Linda Bacon debunks traditionally held myths about the relationships between weight, health, and eating habits. She eases concerns that dieting or controlling your eating are necessary or valuable for a healthy or desirable body. She also arms you with the knowledge, resources and confidence to combat weight myths and stigma and regain body trust. This presentation supports individuals struggling with their own weight concerns as well as health care practitioners working to implement these ideas in practice.

### **ENDING THE WEIGHT WARS & NURTURING BODY RESPECT: THE CLINICAL PATH**

You've been well-schooled in weight concerns. You know the conventional ideas about using BMI for diagnosis, recommending dietary monitoring and control, and the value of weight loss in treating and preventing disease. But you're noticing, despite all the attention to weight, patients aren't getting thinner, and you're aware of the well-established finding that only a small percentage of people maintain weight loss over the long run. Maybe you've noticed the negative consequences, with patients becoming increasingly preoccupied with food and weight, and disordered eating behaviors on the rise. How do we reconcile these challenges? How can we address weight among patients of all sizes in ways that are effective, compassionate, evidence-based, and, most importantly, do no harm?

With abundant research and clinical wisdom, Dr. Bacon answers these questions and more.

### **CUSTOM TOPIC EXAMPLES:**

- Strategies for Attuned Eating and Beyond
- Reflections on Fat Acceptance: Lessons Learned from Privilege
- From Marginalization to Love: How Resisting the Gender Binary Taught Me to Respect my Body
- Find Your Voice! How to Challenge Resistance and Talk Persuasively About Size Acceptance
- Body Trust and Respect as a Prescription for Successful Diabetes Care: Why it's time to ditch the diet mentality
- Speaking Brave in Body Talk: Navigating Vulnerability AND Protection
- There is no Social Justice Without Bodies: Weight Stigma as a Social Justice Issue

**Every talk is customized for maximum impact, allowing for spontaneity, authentic presence, and connection.**



## IN THE SPOTLIGHT



Prevention



The New York Times



Bloomberg  
BNA



Women'sHealth



everyday feminism

TRANSFORM YOUR LIFE THROUGH FEMINISM



The Seattle Times

San Francisco Chronicle

Orlando Sentinel

Seattle Post-Intelligencer

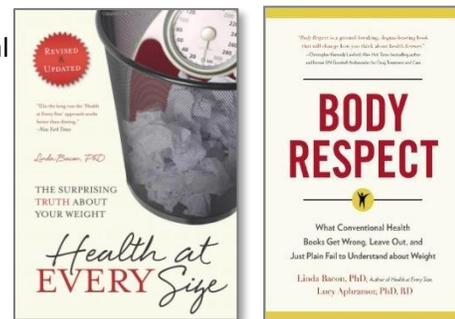
Learn about other potential seminar topics, trainings and more at [www.LindaBacon.org](http://www.LindaBacon.org)

# MY PROMISE

"I promise to offer you the critical thought, inspiring vision, and practical strategies you need to celebrate and care for your own body and to advance your skills to educate, motivate, and inspire others."

## ABOUT LINDA

An experienced professor, researcher, psychotherapist, author, and acclaimed international speaker, Dr. Bacon changes lives and empowers people through life-altering seminars, workshops, and writing. Dr. Bacon has mined her deep academic proficiency, her wide-ranging clinical expertise and her own personal experience to write two best-selling books, [Health at Every Size: The Surprising Truth About Your Weight](#), and [Body Respect: What Conventional Health Books Get Wrong, Leave Out, or Just Plain Fail to Understand about Weight](#), both of which are credited with transforming the weight discourse and inspiring a hopeful new course for the global body positivity movement.



*"Linda Bacon is an important health advocate for our generation and generations to come..."*

I appreciate the courage it took for you to be vulnerable in your keynote with us. You modeled authenticity and humility so powerfully. Thank you. Your willingness to share at that level was the catalyst for our participants to do the same throughout our conference.

**Michele Minero, MFT, Psychotherapist**

Hearing Linda Bacon address the 2013 ANZOS conference was spellbinding. She had the audience inspired and mesmerized, she's the best speaker I've ever seen. It was delivered passionately and with all the data to support it. It felt like we were witnessing something historical: an unapologetic message that the science and push towards weight loss is broken, and it's time to stop hurting people. Wonderful. And brave!

**Louise Adams, M.A., Clinical Psychologist**

I've listened to hundreds of professional talks, but this is one of the few that has been genuinely transformational. I came away looking at the world in a different way.

**Danny Wedding, PhD, Psychology Professor and Dean**

Linda's humanity, scientific knowledge, and compassion combine to make her an enthralling speaker. I attended her training and am forever changed.

**Lexi Giblin, PhD, Executive Director**

Amazing, inspirational, motivational and challenges us to re-look at conventional practices, to find more effective approaches to true health. Love how her beliefs and messages have transformed me not only professionally but individually too!

**Kori Kostka, RD, Dietitian**

**BOOK LINDA TODAY AND JOIN HER IN  
FOSTERING A WORLD WHERE ALL BODIES ARE CELEBRATED**

Visit: [www.lindabacon.org](http://www.lindabacon.org)

Email: [linda@lindabacon.org](mailto:linda@lindabacon.org)

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