

## THE WHOLE BODY EXPERIENCE

# Keep Listening, Learning & Unlearning

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### RESOURCE LIBRARY ONE

*A curated place to continue listening to lived experience, questioning inherited stories about bodies, and learning through intersecting lenses of race, size, gender, sexuality, disability, food, health, trauma, religion, culture, and collective liberation.*

**You do not need to read or listen to everything here. Follow your curiosity.**

READ • LISTEN • LEARN • WITNESS • STAY CURIOUS

[www.risingstrongwellness.com](http://www.risingstrongwellness.com)

Rising Strong Wellness™

## How to Use This Library

The Whole Body Experience is a beginning, not a comprehensive education. These resources offer places to continue listening to lived experience, examining the stories we have inherited about bodies, and exploring what liberation can mean in our individual lives, relationships, institutions, and communities.

Choose one pathway, one book, one episode, or one voice that calls to you. You are not behind. You do not need to consume this list in order. Let it function like a thoughtfully curated shelf you can return to over time.

## Start Here: Body Liberation & Body Trust

A starting shelf for questioning body hierarchy, reclaiming body trust, and widening the conversation beyond appearance.

**READ**

[\*\*The Body Is Not an Apology\*\*](#) — Sonya Renee Taylor

A foundational invitation into radical self-love and body liberation as personal and political work.

**READ**

[\*\*Reclaiming Body Trust\*\*](#) — Hilary Kinavey and Dana Sturtevant

A weight-inclusive framework for reconnecting with body trust and moving away from body control.

**READ**

[\*\*The Wisdom of Your Body\*\*](#) — Hillary L. McBride

A compassionate exploration of embodiment, trauma, spirituality, relationship, and learning to inhabit the body more fully.

**READ**

[\*\*More Than a Body\*\*](#) — Lexie Kite and Lindsay Kite

Explores body image through the lens of objectification and offers practices for relating to the body as an instrument rather than an ornament.

**LISTEN**

[\*\*The Body Trust Podcast\*\*](#)

Conversations about body reclamation, anti-fatness, weight stigma, trauma, and social justice.

**LISTEN**

[\*\*Body Justice\*\*](#)

A body-justice lens that includes eating-disorder recovery, race, queerness, neurodivergence, and social justice.

## Fat Liberation, Weight Stigma & Diet Culture

**READ**

[\*\*What We Don't Talk About When We Talk About Fat\*\*](#) — Aubrey Gordon

**READ**

[\*\*You Just Need to Lose Weight and 19 Other Myths About Fat People\*\*](#) — Aubrey Gordon

READ

[Fearing the Black Body](#) — Sabrina Strings

A history of the racial origins of fat phobia and its relationship to anti-Blackness.

READ

[Anti-Diet](#) — Christy Harrison

READ

[The Wellness Trap](#) — Christy Harrison

READ

[Fat Talk](#) — Virginia Sole-Smith

LISTEN

[Maintenance Phase](#)

Aubrey Gordon and Michael Hobbes unpack health, wellness, diet culture, and popular myths.

LISTEN

[Food Psych](#)

Conversations about intuitive eating, diet culture, eating disorders, body image, and social justice.

LEARN

[NAAFA - National Association to Advance Fat Acceptance](#)

Advocacy, education, research, and resources related to size discrimination and fat liberation.

## Race, Bodies, History & Intersectionality

These resources invite us to understand race not only as an idea or identity, but as something shaped by history, institutions, culture, threat, access, and lived experience in the body.

READ

[My Grandmother's Hands](#) — Resmaa Menakem

Explores racialized trauma and healing through a body-centered lens.

READ

[The Quaking of America](#) — Resmaa Menakem

Explores racialized trauma, collective activation, and embodied capacity for social change.

READ

[Between the World and Me](#) — Ta-Nehisi Coates

A deeply embodied meditation on race, history, vulnerability, and what it means to inhabit a Black body in America.

READ

[The Message](#) — Ta-Nehisi Coates

READ

[Belly of the Beast: The Politics of Anti-Fatness as Anti-Blackness](#) — Da'Shaun L. Harrison

READ

[Fat Girls in Black Bodies](#) — Joy Cox

READ

[It's Always Been Ours](#) — Jessica Wilson

#### READ

[Heavy](#) — Kiese Laymon

#### READ

[Thick](#) — Tressie McMillan Cottom

#### READ

[Hunger](#) — Roxane Gay

#### LEARN

### [Social Justice Books - Curated Booklists](#)

Themed booklists for adults, educators, parents, caregivers, and anyone looking for books that support social-justice conversations across generations.

## Disability, Access & Bodies

This pathway asks a recurring Whole Body Experience question: Are we asking the body to change so it can participate - or changing environments and systems so more bodies can participate?

#### READ

[Care Work: Dreaming Disability Justice](#) — Leah Lakshmi Piepzna-Samarasinha

#### READ

[Being Heumann](#) — Judith Heumann with Kristen Joiner

#### READ

[Disability Visibility](#) — Edited by Alice Wong

#### READ

[The Future Is Disabled](#) — Leah Lakshmi Piepzna-Samarasinha

#### READ

[Sitting Pretty](#) — Rebekah Taussig

#### LEARN

### [Disability Visibility Project](#)

Stories, media, and cultural work centering disabled people and disability culture.

## Gender, Sexuality & Embodiment

Resources in this pathway center embodiment, gender, sexuality, intersex experience, trans and queer life, and bodily autonomy - not simply explanations of identity for outsiders.

#### READ

[Come As You Are](#) — Emily Nagoski

A science-informed exploration of sexuality, context, desire, and sexual wellbeing.

#### READ

[Beyond the Gender Binary](#) — Alok Vaid-Menon

#### READ

[Trans Bodies, Trans Selves](#) — Edited by Laura Erickson-Schroth

#### READ

[Intersex \(For Lack of a Better Word\)](#) — Thea Hillman

#### EXPLORE

[Trans Lifeline Resource Library](#)

A broad resource library spanning trans identity, healthcare, disability and accessibility, Black and POC resources, intersex resources, legal advocacy, public assistance, and more.

## Food, Eating & Reclaiming Nourishment

Food freedom is not only about personal mindset. Access to food is shaped by money, geography, time, culture, transportation, disability, availability, and safety.

#### READ

[Intuitive Eating](#) — Evelyn Tribole and Elyse Resch

#### READ

[Eating by the Light of the Moon](#) — Anita Johnston

#### READ

[The F\\*ck It Diet](#) — Caroline Dooner

#### READ

[Gentle Nutrition](#) — Rachael Hartley

#### LISTEN

[Satiated Podcast](#)

Stephanie Mara explores food, nervous-system regulation, body connection, and eating through a somatic lens.

#### LISTEN

[Food Psych](#)

## Religious Deconstruction, Purity Culture & Reclaiming the Body

*Religion and spiritual communities can be sources of profound meaning, ritual, belonging, and care. They can also shape the stories we receive about bodies, sexuality, gender, pleasure, obedience, modesty, desire, goodness, and worth. Deconstruction does not have to mean abandoning spirituality or faith; it can also mean becoming curious about what is yours to keep.*

#### READ

[Pure](#) — Linda Kay Klein

Inside the evangelical purity movement and the long-term effects of shame-based teaching on bodies and sexuality.

#### READ

[You Are Your Own](#) — Jamie Lee Finch

A body-centered reckoning with religious trauma and reclaiming ownership of the self.

**READ**

**[Shameless: A Sexual Reformation](#)** — Nadia Bolz-Weber

A faith-informed reimagining of sexuality, bodies, shame, and sexual ethics.

**READ**

**[Beyond Shame](#)** — Matthias Roberts

A resource for examining sexual shame and developing a sexual ethic rooted in personal values and wellbeing.

**READ**

**[The Making of Biblical Womanhood](#)** — Beth Allison Barr

Historical and theological context for gender expectations within evangelical Christianity.

**READ**

**[When Religion Hurts You](#)** — Laura E. Anderson

A trauma-informed resource for recognizing and recovering from harmful or high-control religious experiences.

**READ**

**[Leaving the Fold](#)** — Marlene Winell

A foundational resource for people reconsidering restrictive religious systems and rebuilding identity afterward.

**READ**

**[A Well-Trained Wife](#)** — Tia Levings

A memoir about Christian patriarchy, coercive control, gender roles, and bodily autonomy.

**LEARN**

**[Religious Trauma Institute](#)**

Education and resources related to religious trauma and recovery.

## Memoir & Lived Experience

**You don't always need another book explaining an issue. Sometimes the practice is simply listening to someone tell you what it has been like to live their life.**

Many of the books already included in this library are memoir, personal essay, or lived-experience writing. Consider choosing one voice from a body or identity different from your own and practicing listening without immediately turning the story into a lesson, comparison, or debate.

**READ**

**[Hunger](#)** — Roxane Gay

**READ**

**[Heavy](#)** — Kiese Laymon

**READ**

**[Between the World and Me](#)** — Ta-Nehisi Coates

**READ**

**[Sitting Pretty](#)** — Rebekah Taussig

READ

[A Well-Trained Wife](#) — Tia Levings

READ

[Being Heumann](#) — Judith Heumann with Kristen Joiner

## Love, Justice & Collective Liberation

READ

[See No Stranger](#) — Valarie Kaur

An invitation into revolutionary love, wonder, grief, courage, and collective transformation.

READ

[Pleasure Activism](#) — adrienne maree brown

READ

[Care Work](#) — Leah Lakshmi Piepzna-Samarasinha

READ

[Braiding Sweetgrass](#) — Robin Wall Kimmerer

READ

[Emergent Strategy](#) — adrienne maree brown

## A Final Invitation

This list is not a curriculum to finish. Let it be a place you return to when a conversation stays with you, a story stretches you, or you realize there is something you want to understand more deeply.

**Every body has a story.**

**Keep listening.**

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