

Intuitive Eating Resources

Book

Intuitive Eating: A Revolutionary Anti-Diet Approach, 4th Edition

[Intuitive Eating, 4th Edition: Evelyn Tribole, MS, RDN, Elyse Resch, MS, RDN: 9781250255198: Amazon.com: Books](https://www.amazon.com/Intuitive-Eating-4th-Edition-Evelyn-Tribole/dp/1570671146)

Official Website

<http://www.intuitiveeating.org/>

Certified Intuitive Eating Counselor Directory

A listing of local allied health professionals who are trained and certified in the Intuitive Eating process

<https://www.intuitiveeating.org/certified-counselors/>

Intuitive Eating Online Community

Get inspired. Hear and share stories. Free but does require signing up.

<http://www.intuitiveeatingcommunity.org/>