**Anna/Ruth**

Body Groove - Misti Tropolinin

Fun inclusive exercise

Megan Jayne Crabbe - Book

**Gaynor**

WOW Fest 2021

**Cynthia**

The anti-diet (book)

Food Psychology Podcast

**Kathleen**

Lots on IG

Jessie Mundell - Exercise in a very positive way

Raising yourself

The holistic psychologist

Nedratawwab

Blair Imani

Shayla Omlette Stonechild

Brene Brown

**Cynthia**

Podcast - De sue tine hombre? (What is your hunger for?

By Ana Arizmendi

Psychiatrist Podcast - Supracortical

**Shirley**

The Pedagogy of the oppressed

The Theatre of the oppressed

**Anna/Ruth**

Book - Queer Prophets

**Sian**

John Ortberg - Everyone is normal till you get to know them.

(Theres a chapter called dancing with porcupines)