

SIDE BY SIDE NUTRITION

DATE:

S M T W TH F S

TODAY'S FOCUS

Understanding the role of shame
and increasing Self-compassion?

LISTEN TO
THIS CHAT



REFLECT:

How is shame affecting your
relationship with your body?



GO ONE STEP FURTHER

and continue to learn more about shame and self-compassion.



Here are some books about shame and self-compassion that we love:

1

[Your Body is Not an Apology by Sonya Renee Taylor](#)

2

[Landwhale: On Turning Insults Into Nicknames, Why Body Image Is Hard, and How Diets Can Kiss My Ass by Jes Baker](#)

3

[How to Keep House While Drowning: 31 Days of Compassionate Help by KC Davis](#)