

# **WOMEN'S RESOURCE DIRECTORY**

## **Body Image, Media, and Eating Disorders**

1. About-Face <http://www.about-face.org/>  
Description: About-Face equips women and girls with tools to understand and resist harmful media messages that affect their self-esteem and body image.
2. Adios Barbie <http://www.adiosbarbie.com/>  
Description: The mission of adiosbarbie.com is to promote healthy body image and self-image for people of all cultures and sizes.
3. The Alliance for Eating Disorders Awareness  
<http://www.allianceforeatingdisorders.com/>  
Description: In October of 2000, The Alliance for Eating Disorders Awareness (The Alliance) was created as a source of community outreach, education, awareness, and prevention of the various eating disorders currently plaguing our nation. Our aim is to share the message that recovery from these disorders is possible, and that individuals should not have to suffer or recover alone. We seek to educate individuals about the dangers of this epidemic and to reduce the rate and severity of eating disorders among people of all ages.
4. National Eating Disorder Association <http://www.nationaleatingdisorders.org/>  
Description: The National Eating Disorders Association (NEDA) is a non-profit organization dedicated to supporting individuals and families affected by eating disorders. We campaign for prevention, improved access to quality treatment, and increased research funding to better understand and treat eating disorders. We work with partners and volunteers to develop programs and tools to help everyone who seeks assistance.
5. The F Word: Food, Fat, and Feminism: <http://the-f-word.org/blog/index.php/about-the-site/>  
Description: This site is about the F-word. No, not *that* F-word, the other F-word or rather, F-words — Food, Fat and Feminism — any or all of which strike fear into the hearts of so many. The-F-Word.org is dedicated to talking about and sharing ideas about the intersections of these taboo and often weighty issues, while creating a dynamic and supportive community of food-loving, body-accepting feminists.
6. Fat!So?: <http://www.fatso.com/>  
Description: So there's nothing wrong with being fat. Just like there's nothing wrong with being short or tall, or black or brown. These are facts of identity that cannot and should not be changed. They are birthright. They're beyond aesthetics. They provide the diversity we need to survive.

**All Descriptions Were Taken From the Websites Listed**