References for a Non-Diet, Weight-Neutral, Mindfulness-Based Approach

This is a partial list of research, articles, and books that support the need for a new approach to eating and health. These references provide evidence for the ineffectiveness of diets and weight-focused programs, and the effectiveness of mindfulness, mindful eating, and weight-neutral interventions.


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Dollar E, Berman M, Adachi-Mejia AM. Do No Harm: Moving Beyond Weight Loss to Emphasize Physical Activity at Every Size. *Prev Chronic Dis* 2017;14:170006. DOI: http://dx.doi.org/10.5888/pcd14.170006


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