

# NOW WHAT? EMPOWERING ADVOCACY RESOURCES.

## EDUCATIONAL, INSPIRING, & EMPOWERING BOOKS

Cinderella Ate My Daughter by Peggy Orenstein

Enlightened Sexism by Susan J. Douglas

Gaining, The Truth About Life After Eating Disorders by Aimee Lou

Not All Black Girls Know How To Eat by Stephanie Covington Armstrong

You'd Be So Pretty if... by Dara Chadwick

Perfect Girls, Starving Daughters by Courtney E. Martin

Reality Bites Back by Jennifer Pozner

The Curse of the Good Girl by Rachel J. Simmons

Queen Bees and Wannabees by Rosalind Wiseman

Unbearable Lightness by Portia de Rossi

Perfectly You by Julia V. Taylor

## WEBSITES TO VISIT

Dove: Campaign for Real Beauty - [www.campaignforrealbeauty.com](http://www.campaignforrealbeauty.com)

About Face - [www.about-face.org](http://www.about-face.org)

Body Positive - [www.bodypositive.com](http://www.bodypositive.com)

Read, Write, Think - [www.readwritethink.org](http://www.readwritethink.org)

Center for Media Literacy - [www.medialit.org](http://www.medialit.org)

Geena Davis Institute on Gender in the Media - [www.thegeenadavisinstitute.org](http://www.thegeenadavisinstitute.org)

Media Awareness Network - [www.media-awareness.ca](http://www.media-awareness.ca)

Campaign for a Commercial Free Childhood - [www.commercialexploitation.org](http://www.commercialexploitation.org)

Reality Bites Back - [www.realitybitesbackbook.com](http://www.realitybitesbackbook.com)

Jess Weiner - [www.jessweiner.com](http://www.jessweiner.com)

Rosalind Wiseman - [www.rosalindwiseman.com](http://www.rosalindwiseman.com)

Rachel Simmons - [www.rachelsimmons.com](http://www.rachelsimmons.com)

Shaping Youth - [www.shapingyouth.org](http://www.shapingyouth.org)

National Eating Disorders Association - [www.nationaleatingdisorders.org](http://www.nationaleatingdisorders.org)

# PEOPLE TO FOLLOW ON TWITTER



@rosalindwiseman  
@peggyorenstein  
@jessweiner  
@racheljsimmons  
@edbites  
@cbulik  
@jennpozner  
@Jezebel  
@MartinCourtneyE  
@darachadwick  
@Feministing  
@BeautyMessage  
@Johannaskandel  
@Shannoncutts  
@AnyBodyOrg  
@Feministfatale

@Womensmediacntr  
@MediaEd  
@GeneenRoth  
@eatingpermitRD  
@NEDAstaff  
@Pia\_adiosbarbie  
@BodyImageBlog  
@Endfattalk  
@Aedweb  
@CEDSheppPratt  
@JulesyParker  
@Thefwordblog  
@RevoltRealWomen  
@MediaChoices  
@shapingyouth  
@pigtailpals

## BLOGS TO BROWSE

ED Bites - [www.ed-bites.blogspot.com](http://www.ed-bites.blogspot.com)

Eating Disorders Blog - [www.eatingdisordersblogs.com](http://www.eatingdisordersblogs.com)

Feministing - [www.feministing.com](http://www.feministing.com)

Feminist Fatale - [www.feministfatale.com](http://www.feministfatale.com)

Jezebel - [www.jezebel.com](http://www.jezebel.com)

Revolution of Real Women - [www.revolutionofrealwomen.blogspot.com](http://www.revolutionofrealwomen.blogspot.com)

## DOCUMENTARIES TO WATCH

America The Beautiful - [www.americathebeautifuldoc.com](http://www.americathebeautifuldoc.com)

Beauty Mark - [www.beautymarkmovie.com](http://www.beautymarkmovie.com)