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[Health At Every Size Book | Linda Bacon, PhD](#)
Linda Bacon, PhD inspiring a global transformation to a more just world, where all bodies are valued, respected, and supported in compassionate self-care Health at Every Size:

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Linda Bacon, PhD, researcher and author of *Body Respect* and *Health at Every Size*, is a leading advocate for body positivity. Linda Bacon, PhD, researcher and author of *Body Respect* and *Health at Every Size*, is a leading advocate for body positivity.

[Health at Every Size by Linda Bacon - amazon.ca](#)

Health at Every Size has been scientifically proven to boost health and self-esteem. The program was evaluated in a government-funded academic study, its data published in well-respected scientific journals.

[Food Psych #42: Health at Every Size with Linda Bacon ...](#)

Christy talks with Linda Bacon, a leading researcher in the field of weight science and the author of the groundbreaking book *Health at Every Size*. Linda shares her personal struggles with weight and dieting, how she overcame them and developed a healthy relationship to food and her body, and how you can get off the diet roller-coaster too.

[Health At Every Size: The Surprising Truth About Your ...](#)

Dr. Bacon is currently an associate nutritionist at the University of California, Davis and the lead investigator for a clinical research study that evaluates the *Health at Every Size* program, co-sponsored by the U.S. Department of Agriculture. She is also a nutrition professor in the biology department at City College of San Francisco. Additionally, she maintains a private practice, advising [Health At Every Size Community Resources - Official Site](#)

Health at Every Size principles help us advance social justice, create an inclusive and respectful community, and support people of all sizes in finding compassionate ways to take care of themselves.