



Calvary Baptist Church
Open to all. Closed to none.

Resources for Wellness of BODY



Relationship to Body

- Book:** *The Body Is Not An Apology* by Sonya Renee Taylor
- Podcast Ep:** “Feeling Whole with Sonya Renee Taylor”, S.3 E.7 of *Finding Our Way*
<https://open.spotify.com/episode/5wQm6OXXyvYKBKMrrF4fzF?si=6aea21d5cdf44456>
- Podcast Ep:** “The Body with Sonya Renee Taylor” S.1 E.1 of *Finding Our Way*
<https://open.spotify.com/episode/6Kdh8EqNzPNb7RbdEvOEXd?si=ca8d5dca9fe84766>
- Book:** *My Body Is Not a Prayer Request: Disability Justice in the Church* by Amy Kenny
- Book:** *The Body Keeps The Score: Brain, Mind, And Body In The Healing of Trauma* by Bessel Van Der Kolk, M.D.
- Book:** *Healing Sex: A Mind-Body Approach to Healing Sexual Trauma* by Staci Haines
- Book:** *Come As You Are* by Emily Nagoski
- Book:** *Shameless* by Nadia Bolz-Weber
- Podcast Ep:** “Healing Body Shame” - Doctor Thema Bryant’s *The Homecoming Podcast*
- Podcast Ep:** “Real, Joyful Sex with Emily Nagoski” E. 30 of *We Can Do Hard Things* with Glennon Doyle
<https://open.spotify.com/episode/6auIK2qqtCaJKxdnKMd8Bj?si=Nacq8PCGRW2ADRwnGhjLBg>
- Children’s Book:** *Listening to My Body* by Gabi Garcia
- Instagram:** @your_body_is_good

- Podcast:** *Unsolicited: Fatties Talk Back*
<https://open.spotify.com/show/obxgpKsCXpiXpHwnY2lSuZ?si=e1d87a01cdf43aa>
- Podcast Ep:** “Break Binaries and Intersex Justice with Sean Saifa” S.2 E. 8 of *Finding Our Way*
<https://open.spotify.com/episode/6gANHxOX4gYKy31PHjTH6B?si=237d18fdf2d3402c>
- Podcast Ep:** “Continual Becoming with ALOK” S.3 E.2 of *Finding Our Way*
<https://open.spotify.com/episode/0389k5Q1FLZ7awJeRVqzA6?si=x-8oxI5PRXSL5eRCbGuhTA>
- Podcast Ep:** “Alok Vaid-Menon: The Urgent Need for Compassion” on *The Man Enough* Podcast
<https://open.spotify.com/episode/1SovB8DUniC7EwCg3hRgCM?si=f9666c61e36247f7>
- Book:** *The Future Is Disabled: Prophecies, Love Notes and Mourning Songs* – by Leah Lakshmi Piepzna-Samarasinha
- Podcast Ep:** “On Being in a Body with Kate Bowler” E. 1,107. *On Being* with Krista Tippett

Healthcare

- Podcast:** *How to protect your ears and avoid hearing loss* by Margaret Cirino, Kaz Fantone
<https://www.npr.org/2023/08/16/1194185000/protect-your-hearing-and-ears>
- Podcast Ep:** “Law and Disability Crisis Response” S.2 E.6 on *Manifest Justice*
<https://open.spotify.com/episode/78CgmbCYW2o1sbBOBLPqHS?si=fa1e0067b3de46fc>
- Podcast:** *Health Affairs Pathways*
<https://open.spotify.com/show/6vOYIy7kH4nwDKM8hqHel6?si=4a511507608b40d4>

Nourishment

- Website:** Hydration Calculator:
<https://www.everydayhealth.com/dehydration/hydration-calculator/>

- Article:** Hydration Tips: <https://www.everydayhealth.com/dehydration/smart-tips-for-staying-hydrated-throughout-the-day/>
- Book:** *Healthy at Every Size: The Surprising Truth About Your Weight* by Linda Bacon, PhD
- Book:** *Intuitive Eating* by Evelyn Tribole, M.S., R.D., and Elyse Resch, M.S., F.A.D.A., C.E.D.R.D.
- Podcast:** *Maintenance Phase*
<https://open.spotify.com/show/3rDR8CfpIEMpITG2UC3w5W?si=bbf933d4e830438d>
- Podcast:** *Food Psych Intuitive Eating & Anti-Diet*
<https://open.spotify.com/show/3Dw8oAfPThwikNjespRhWJ?si=adb18b8657274f18>
- Podcast:** *Intuitive Eating for the Culture with Christyna Johnson, R.D.*
<https://open.spotify.com/show/ovdg7HEoaPe1o7LVwO93ul?si=2882327c1c554d13>
- Website:** Omni Counseling & Nutrition's Blog
<https://www.omnicounselingandnutrition.com/blog>

Movement

- Website:** Intuitive Movement: <https://alissarumsey.com/intuitive-exercise-tips/>
- Article:** Yoga for Beginners: <https://www.everydayhealth.com/fitness-pictures/yoga-poses-for-beginners.aspx>
- Article:** 10 Yoga Poses for Everyday (beginner, intermediate, & advanced options)
<https://www.yogajournal.com/poses/10-yoga-poses-do-every-day/>
- Playlist:** Playlist for Dancing around your Living Room
<https://www.theodysseyonline.com/20-songs-dance-living-room>

Sleep

- Website:** Sleep Hygiene: <https://www.sleepfoundation.org/sleep-hygiene>
- Book:** *Sleep Solution: Why Your Sleep Is Broken and How to Fix It* by W. Chris Winter, M.D.

Book: *Why We Sleep: Unlocking the Power of Sleep and Dreams* by Matthew Walker, PhD

Podcast: *The Matt Walker Podcast*
<https://open.spotify.com/show/1aIVAabjRjnmiouXozCzF3?si=37a19dc26b72445d>

Podcast: *Deep Into Sleep with Dr. Yishan Xu*
<https://open.spotify.com/show/2Vxyj9Cswuk91OYztzcMS?si=03612c2aebc3461c>