

WOULD YOU LIKE TO CONTRIBUTE TO 'AN ANTHOLOGY OF SIZE ACCEPTANCE'?



Health professionals and their clients sometimes find it difficult to understand the lived experience of moving from body hate to body acceptance. This anthology of lived accounts will provide both a supportive resource for people struggling with body image issues as well as important lessons in the benefits and nuances of this paradigm shift for medical, health, fitness and wellness professionals. Personal stories are powerful. Grappling with the news that long term intentional weight loss is unlikely is difficult when diet culture has told you otherwise for your whole life. Your personal story could help people when they need it most; right when they are deciding whether to finally make peace with their bodies and push back against toxic cultural body standards.

This book will be published in an ebook and softcover format with an ISBN and distributed around the world via Amazon, Barnes and Noble, Kindle, Nook, iBooks and Lulu.

Who are we?

Health, Not Diets www.healthnotdiets.com provides professional development training for health professionals in weight neutral approaches such as Health at Every Size® and the Non-Diet Approach. The company principal, Fiona Willer, is an Australian Accredited Practising Dietitian undertaking PhD research in the adoption of weight neutral lifestyle approach counselling into the dietetic profession and author of two Non-Diet Approach guidebooks for health professionals. She is the current Vice President International of the Association for Size Diversity and Health (ASDAH) who oversee the HAES Principles, current Secretary of HAES Australia and administrator for the Society for Australian Independent Dietitian-Nutritionists.

What are we looking for?

Contributions of writing, poetry or artwork which describe your personal experience of moving from body hate to body acceptance. Narrative writing should be 500-800 words, artwork in an electronic format that can be rendered to A4 dimensions (landscape or portrait orientation), and poetry that would fit comfortably on 1-2 A4 pages in 12-point font. The softcover book will be in A5 format. One submission per person. You can choose to withhold your name for publication and instead your age, gender identity and country will be used. Twenty-five submissions will be selected for the first book and if there are enough submissions for two books a second one will be published.

What do I get in return?

If your contribution is selected for publication, you will be gifted \$100 USD via PayPal if the book your contribution is in achieves sales profits that allow all the contributors to receive their gifts within 12 months of publication. This framework means that everyone involved will be motivated to promote it.

When do I need to have my submission ready?

Works can be submitted for consideration to Fiona@healthnotdiets.com up to 31st October 2017. The book will be published in late 2017.

If you're interested in learning more or making a submission, please fill in the form here: <https://docs.google.com/forms>.

