



Harriet Morris

The 30 Day Body Image Coach

After seeing herself on video one day in 2019 and loathing what she saw, Harriet nevertheless knew instinctively there must be a better way than the hate-yourself-into-change solution of the diet industry. Thus was born The Body Confident Project, which helps real women become unapologetically visible in less than a month, by helping them tap into their inner cavewoman and building the 2 key components of healthy body image: self-acceptance and resilience.

An experienced binge eating coach, Harriet also hosts two podcasts; *The Eating Coach* (200k downloads to date) and *Harry Potter Saved My Life*, which uses the characters and spells from JK Rowling's magical universe as inspiration to help anyone suffering from anxiety or depression.

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Areas of Expertise

How social media can *improve* body image

How to trick your inner critic into liking you

Leverage the power of your inner cavewoman

Building teenage body confidence

Praise

I can't believe how good I feel!
I'm much more active & have lost
interest in food because of this
project.

Rachel Lansdale, Scotland

I took my 3-year-old
swimming for the first time
ever because of working
with Harriet. Now it's easy
to look in the mirror and
say "I look great"

Lynn, Eire

Available to Comment On:

The link between social media & poor body image

The beauty industry's role in the obesity epidemic

How lockdown has affected body image

The body positivity movement

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