



EMBRACING CHILDLESSNESS



FROM HER BOOK

If you haven't yet read Jody's book, now's the time to do it!

You have the author's permission not to do any of the exercises the first time around... many readers come back and read it two or three times as they work on different aspects of their healing and life reclamation.



VIDEO

[Creating a Meaningful and Fulfilling Life Without Children](#) – 10 min talk by Jody Day at the Women of the World Festival, 2013 and which has been watched 46K times:

INTERVIEW

Listen/read this interview Jody did for New Legacy Radio where she unpacks what pronatalism is, where it comes from, why it's so damaging and why it's so important to understand the role it plays in your inner and outer life. [Why Does Dismantling Pronatalism Even Matter?](#)

RESOURCES

Connect with other childless women through TWGGE and perhaps some of the many other communities, events and offerings for childless women that are springing up including singing groups, mediation groups, and social groups. Use [meetup.com](https://www.meetup.com) to find them or take a look at the list of resources on the [World Childless Week website](#).

ROLE MODELS



(it's not just Jennifer Aniston!) on Jody's [Pinterest Role Model Gallery of Women without Children](#)

INSTAGRAM ACCOUNTS

Follow the #Hashtag [#EmbracingChildless](#) to find wonderful accounts supporting childless people, without any baby triggers!