

## Here's Where To Get 9 Body Positive Podcasts All In One Place



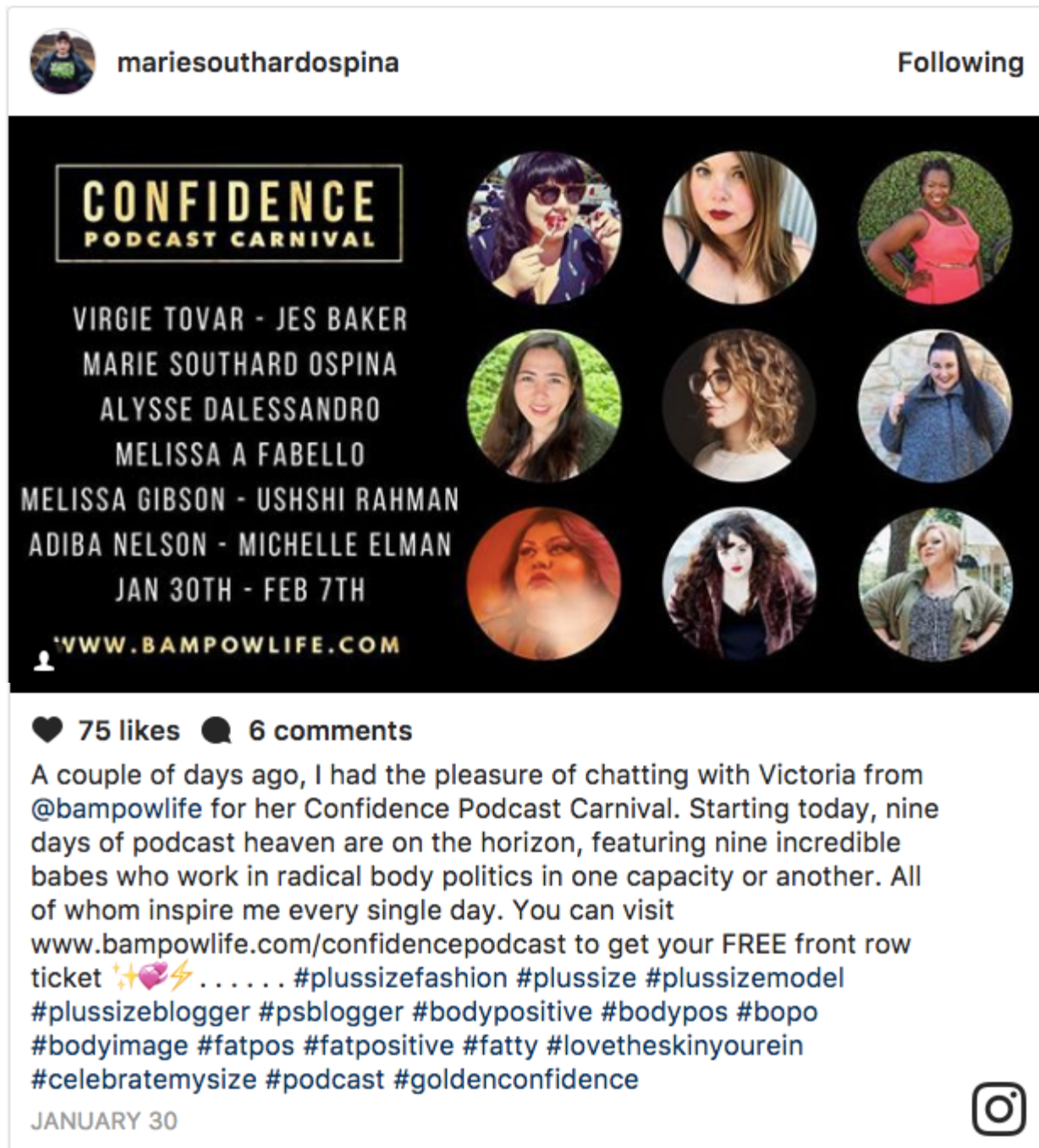
By GINA TONIC  
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For those who are searching for body positive content, podcasts are a great place to turn. There are Bustle's [The BodCast](#) or [Bad Fat Broads](#) to subscribe to (to name just two), and now, there is the Confidence Podcast Carnival, a series of nine body positive podcasts covering any and all topics under the body positive umbrella. The best part? You can find them all in one place.

Founded by body positive enthusiast and fat activist [Victoria Welsby](#), Bam Pow Life is a site that seeks to promote self love in all aspects and for everyone, while also actively engaging in helping people through [eCourses](#). Her current project, the [Confidence Podcast Carnival](#) follows nine prominent speakers and a varied amount of topics all falling under the body positivity umbrella — including dressing, disordered eating and the differences between body positivity and fat activism.

The line up is a diverse and interesting list of powerful women in the body positive community: [Virgie Tovar](#), [Jes Baker](#), [Marie Southard Ospina](#), [Alysse Dalessandro](#), [Melissa A Fabello](#), [Melissa Gibson](#), [Ushshi Rahman](#), [Adiba Nelson](#) and [Michelle Elman](#). All feature in their own episode of the series, hosted by Victoria Welsby.



The image shows an Instagram post from the user [mariesouthardospina](#), who is following the account. The post features a black graphic with the text "CONFIDENCE PODCAST CARNIVAL" in a gold-bordered box. Below this, the names of the featured women are listed in white: VIRGIE TOVAR - JES BAKER, MARIE SOUTHARD OSPINA, ALYSSE DALESSANDRO, MELISSA A FABELLO, MELISSA GIBSON - USHSHI RAHMAN, ADIBA NELSON - MICHELLE ELMAN, and the dates JAN 30TH - FEB 7TH. The website [WWW.BAMPOWLIFE.COM](http://WWW.BAMPOWLIFE.COM) is also listed. To the right of the text are nine circular profile pictures of the featured women. The post has 75 likes and 6 comments. The caption reads: "A couple of days ago, I had the pleasure of chatting with Victoria from @bampowlife for her Confidence Podcast Carnival. Starting today, nine days of podcast heaven are on the horizon, featuring nine incredible babes who work in radical body politics in one capacity or another. All of whom inspire me every single day. You can visit [www.bampowlife.com/confidencepodcast](http://www.bampowlife.com/confidencepodcast) to get your FREE front row ticket ✨💖⚡ . . . . . #plussizefashion #plussize #plussizemodel #plussizeblogger #psblogger #bodypositive #bodypos #bopo #bodyimage #fatpos #fatpositive #fatty #lovetheskinyourein #celebratemysize #podcast #goldenconfidence". The post is dated JANUARY 30 and includes the Instagram logo in the bottom right corner.

"It was just a really great opportunity for some incredible voices to come together and vocally address so many issues of size acceptance." [Marie Southard Ospina](#) tells Bustle, "Anything that brings together and lifts up strong, unapologetic female voices is really important, particularly right now I think. Given the current cultural climate and the threats to women's rights we're

experiencing, this felt like the perfect reminder that there are so many women fighting for something. Still, despite many forces of the universe trying to silence us, shrink us, change us."



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DECIDING TO STOP  
DIETING WAS MY  
CHOICE TO PURSUE  
FREEDOM OVER THE  
PETTY BENEFITS OF  
OBEDIENCE

- Virgie Tovar



**@BAMPOWLIFE**

♥ 239 likes    💬 7 comments

Wowza, what an interesting quote from Virgie Tovar. What are those petty benefits of dieting? Being seen as a good fatty? Being someone who knows their place in society is dependant on their looks? Feeling morally superior? If you would like to learn more about body love and self confidence then listen to my Confidence Podcast Carnival that is out TODAY! And guess what...Virgie Tovar is my third guest! Get your FREE front row seat here: [www.bampowlife.com/confidencepodcast](http://www.bampowlife.com/confidencepodcast). LINK IN BIO!

FEBRUARY 1



"So much of fat acceptance work is done via writing. And although (as a writer) I would never downplay the value of reading something completely game-changing and radical, there's a lot to be said for the vocalization of empowering subjects." Ospina says, "To hear women verbally discuss the importance of deconstructing BS beauty standards and fighting for rights they do not have because of their bodies has always been impactful to me. Sometimes I think hearing the words aloud is more striking than reading them."



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**CONFIDENCE**  
PODCAST CARNIVAL

**LISTEN TO THE PODCAST NOW!**



**USHSHI RAHMAN**  
**@USHSHI**



**WWW.BAMPOWLIFE.COM**

♥ 105 likes    💬 4 comments

I had a blast taking to Ushshi Rahman in today's Confidence Warrior Podcast and I am sure you'll love it too! We cover things like: Being rebellious against fashion norms, the idea of being a "good fatty", ableism and ideas of worth and feeling like you look like Quasimodo and

how to overcome that! Get your FREE front row seat here:  
[www.bampowlife.com/confidencepodcast](http://www.bampowlife.com/confidencepodcast). LINK IN BIO!

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To avoid robots and trolls, the site requires an email to access these podcasts. After following the link sent to you, a whole world of wonderful, confident women is opened up to you, all aiming to share their knowledge and help you with your "next step on your confidence and body love journey."

Each podcast episode lasts roughly an hour, full nine hours of body positive inspiration to listen to at the gym, in bed or on the bus. Whether you're looking for detailed critique or positive affirmations, [The Confidence Warrior podcast](#) series has you covered.



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REMEMBER: IT  
IS NOT YOUR  
RESPONSIBILITY  
TO BE

# BEAUTIFUL

- Melissa A Fabello



@BAMPOWLIFE

♥ 230 likes    💬 1 comment

Say wha?! So you mean my worth as a human being doesn't depend on how pretty I am, what size pants I wear or what my body can do? YES! You are worthy just because you're a human being. Weird, because that's not what our society tells us. If you would like to learn more about body love and self confidence then listen to my nine day Confidence Podcast Carnival that is out TODAY! And guess what...Melissa A Fabello is my sixth guest! Get your FREE front row seat here: [www.bampowlife.com/confidencepodcast](http://www.bampowlife.com/confidencepodcast). LINK IN BIO!

FEBRUARY 4



Welsby also prioritizes intersectionality in each of the nine podcasts — topics like chronic illnesses, sexual encounters, cultural standards of beauty, feminism, family members and mental health are all brought to the table.

Every care has been taken with this podcast to cover as many topics as possible, with the appropriate [trigger warnings](#) to help keep listeners safe. Whether you choose to smash through all these in one sitting or savor them, piece by piece, the series will be there to catch up on at any time.