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This body positivity website is our new fave source of self love



Rachel Charlene Lewis

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If you need more body positive podcasts in your life (though, seriously, who couldn't use more body posi vibes?!), we've got you covered! Introducing the one body positivity website you need to stay in love with yourself, because we can all use a little more self love.



Meet Bam Pow Love, the body positivity website we didn't know we needed but are WAY glad to have. It's just that incredible!

The website was created by body positive enthusiast and fat activist Victoria Welsby, a major #GirlBoss full of wisdom and amazing advice. The website hosts [The Confidence Podcast Carnival](#), which includes nine podcasts that are all about finding new and better ways to love yourself.



Melissa A. Fabello ✓
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A bunch of my favorite babes (and me!) talked about confidence with [@bampowlife](#). Sign up now to get the podcasts: bit.ly/BPLpodcast

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The series, hosted by Welsby, includes the voices of a diverse array of folks including Virgie Tovar, Jes Baker, Marie Southard Ospina, Alysse Dalessandro, Melissa A Fabello, Melissa Gibson, Ushshi Rahman, Adiba Nelson and Michelle Elman. Yeah, there are probably more than a few names on that list you recognize! You can see why we're so freakin' thrilled about this.



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You can even take this one step further by [joining the Confidence Warrior Bootcamp](#), a virtual training to help improve your confidence. Yeah, we dig this.

And the participants are beyond pumped about this collab. [Marie Southard Ospina told Bustle,](#)

“It was just a really great opportunity for some incredible voices to come together and vocally address so many issues of size acceptance. 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.”

We couldn't agree more. Definitely head over to [The Confidence Podcast Carnival](#) and hear what these incredible people have to say about body positivity!

[H/T Bustle](#)