

EAT. PLAY. LOVE.

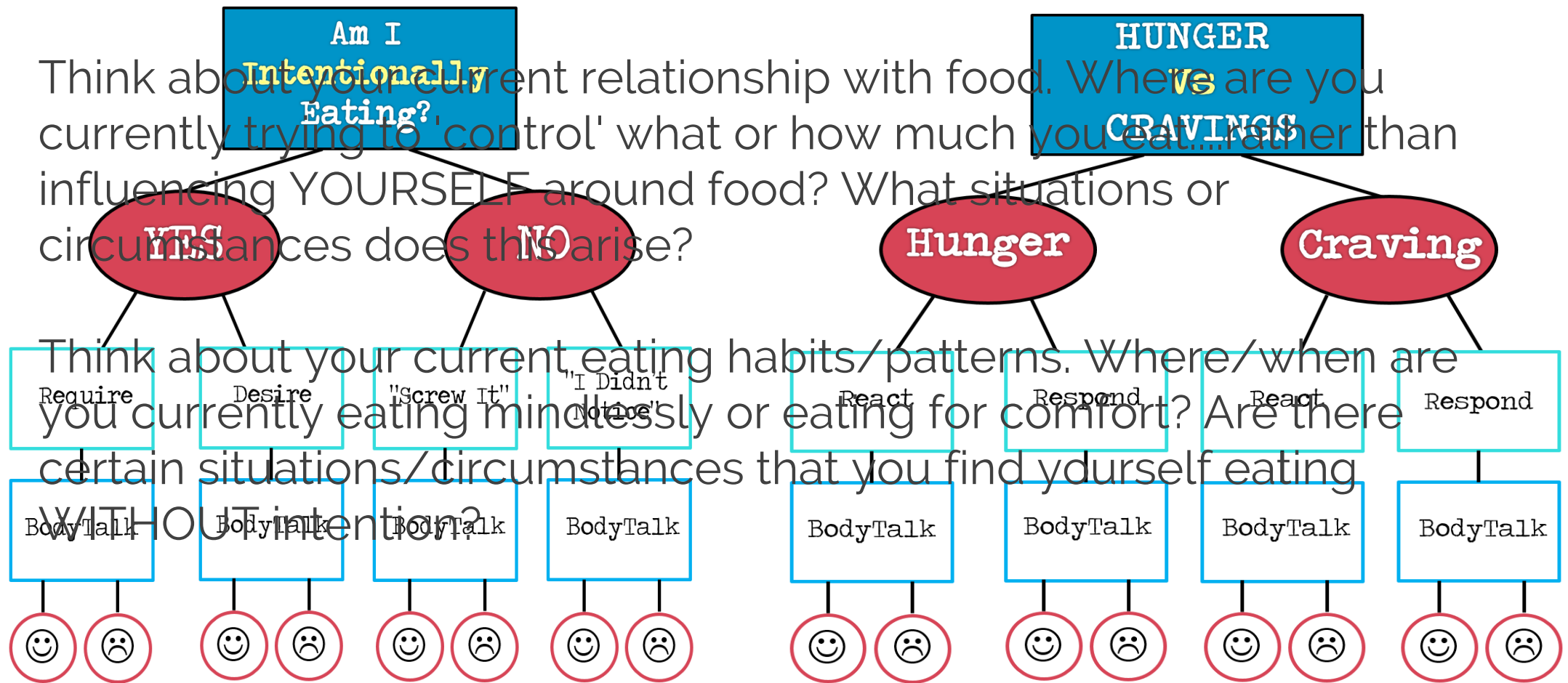
YOUR BODY. YOUR LIFE. YOUR RULES

Live

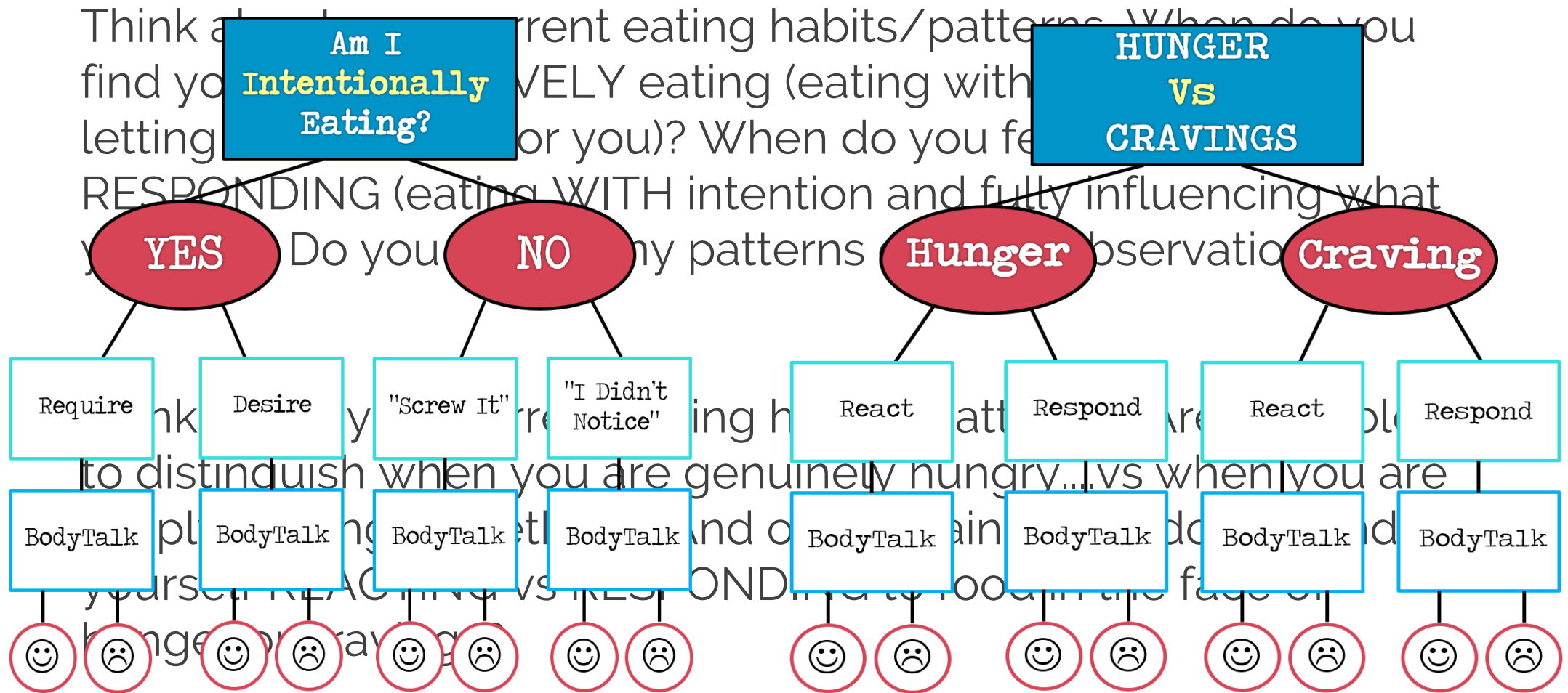
[Emotional (Over)Eating Recovery]

[Exploration!]

From Your PDF:



From Your PDF:



From Your PDF:

Think about all the times you either gave yourself too much RESTRICTION or too much PERMISSION when it came to food/diets. What would your 'sweet spot' be when it comes to eating so that you felt like you were positively influencing your results... without feeling like you had to sacrifice all the things you like? Create YOUR version of that 'sweet spot'.

From Your PDF:

Read the list of "Food Bitches" below. Then next to each one that you recognize showing up in YOUR life, describe this Bitch in detail. What does this inner-bitch say/think/or do?

- ★ Control Bitch:
- ★ Unintentional Eating Bitch:
- ★ Reactive Bitch:
- ★ All or Nothing Bitch (permission vs. restriction):
- ★ Guilt/Shame/Blame/Comparison Bitch:

Go For It!

Open up the exploration PDF
and get started!