

HOW YOU FEEL ABOUT YOUR BODY AFFECTS FOOD CHOICES



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IF YOU DON'T FEEL GOOD ABOUT YOUR BODY YOU MAY

Starve your body/ punish it with extreme diets

Overeat/ binge because "what's the point in trying"

Ignore the messages and signals from your body

Not socialise around food and worsen mental health

IF YOU FEEL GOOD ABOUT YOUR BODY YOU MAY

Want to nourish and take care of your body

Listen to your body's natural cues and needs

Take a flexible and balanced approach to food

Enjoy food & the connection with others it brings

Food In Its Relationship To The Body

Christian G. Meyer



Food In Its Relationship To The Body:

Immerse yourself in heartwarming tales of love and emotion with is touching creation, Experience Loveis Journey in **Food In Its Relationship To The Body** . This emotionally charged ebook, available for download in a PDF format (Download in PDF: *), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

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