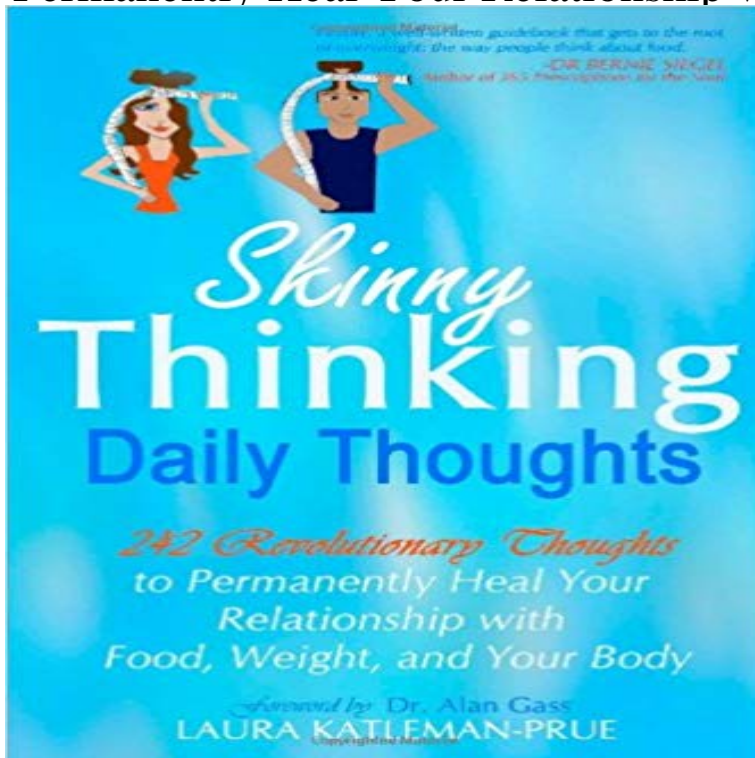


Skinny Thinking Daily Thoughts: 242 Revolutionary Thoughts to Permanently Heal Your Relationship with Food, Weight, and Your Body



These 242 thoughts are daily reminders to help you align with your true self and cultivate a wise, pragmatic relationship with food and your body. Although they are a distillation of the Skinny Thinking Five Steps, derived from the Skinny Thinking book, and helpful reminders of the principles, they are not a substitute. Either read the Skinny Thinking book or take a Skinny Thinking Workshop to both fully grasp the concepts and experience the transformational exercises. In this way, you will best support your ultimate healing. These Skinny Thinking thoughts were designed for you read one-a-day, a few each day or a page or two each day--whatever feels right. They are an adjunct to the other Skinny Thinking tools, reminders to help you stay on track as you form new, healthy habits.

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