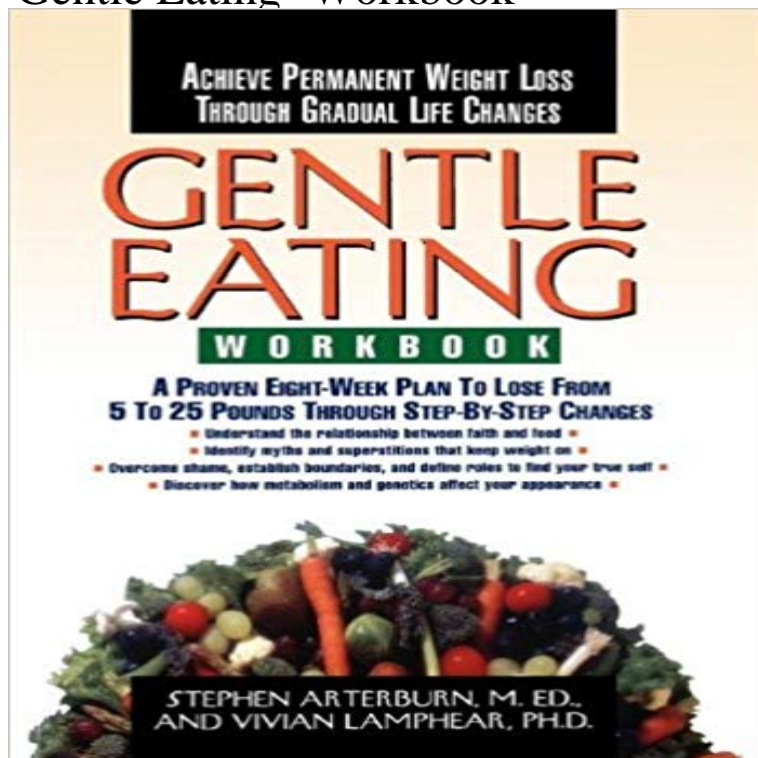


Gentle Eating -Workbook



Its time for you to try Gentle Eating, an eight-week program designed to increase your self-esteem and self-awareness through gradual STEPS - Spiritual, Thinking, Emotional, and Physical changes that result in inner growth and outer results. Youll find a method of weight loss that shows you how to make the permanent lifestyle changes necessary for continued weight loss and maintenance, along with realistic plans for incorporating dietary changes and moderate exercise into your daily routine.

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