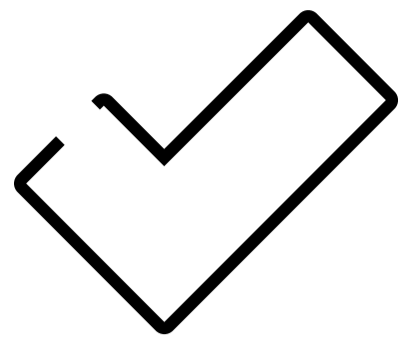
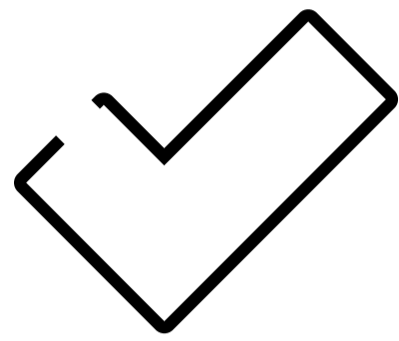


YES...

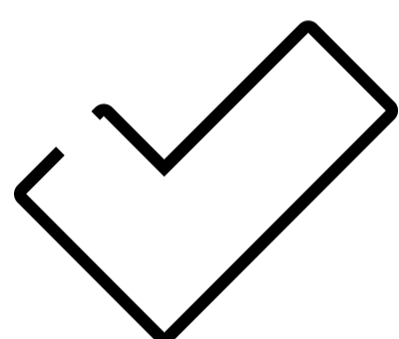
it's okay to eat dessert or an afternoon treat guilt free



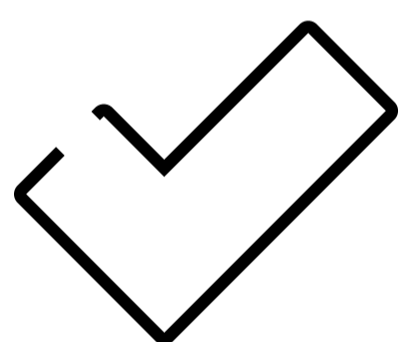
going out with friends for dinner and drinks can be anxiety free



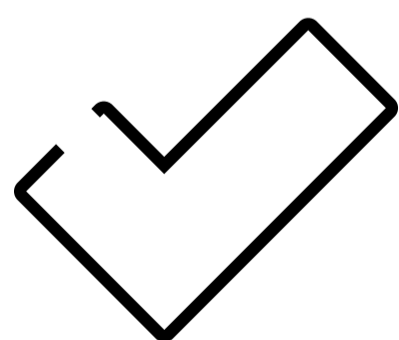
food intake doesn't have to fit a specific pretty mold



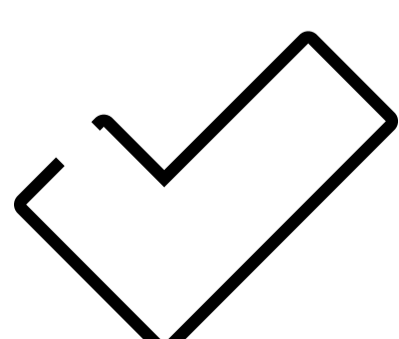
you can explore (without fear) new flavors, textures, cuisines, and cooking methods



focus on balance and moderation in all things



kick over-restriction and deprivation to the curb



you get to eat when you are hungry

