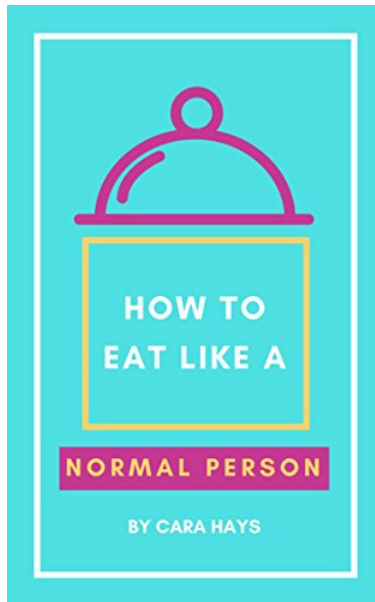


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How To Eat Like a Normal Person: An Intuitive Eating Workbook I know what you are thinking, "Is that even possible?" Yes, it is. I know this because I learned to do it! I've been the girl that starved herself because she had a broken heart. I've been the girl that missed out on Taco Tuesday because it didn't fit her macros. And I've been the girl that said no to dates because she didn't want to eat in front of a hot guy. I am just like you except I've figured out how to heal my relationship with food, love my body unapologetically, and quit dieting forever. You are about to learn the secrets to enjoying the food you love without sacrificing your perfect body. There will be no more food rules, hours at the gym, or disappointing weigh-ins. I did the hard work for you! But don't worry, you'll hear all about my struggle. In 10 simple steps, you will learn to allow all food, listen to your hunger and fullness cues, and finally feel at peace in your own body. It sounds too good to be true, huh? I never thought that I would make it to this place. For the first time in my life, I eat ice cream without guilt, wear my bikini with pride, and focus on the things that really matter in life. I promise that you can do these things too. Don't waste another second of your life counting carbohydrates, drooling over the office donuts, or dreading your next workout - give yourself the gift of love, compassion, and freedom! **DISCLAIMER:** "We

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