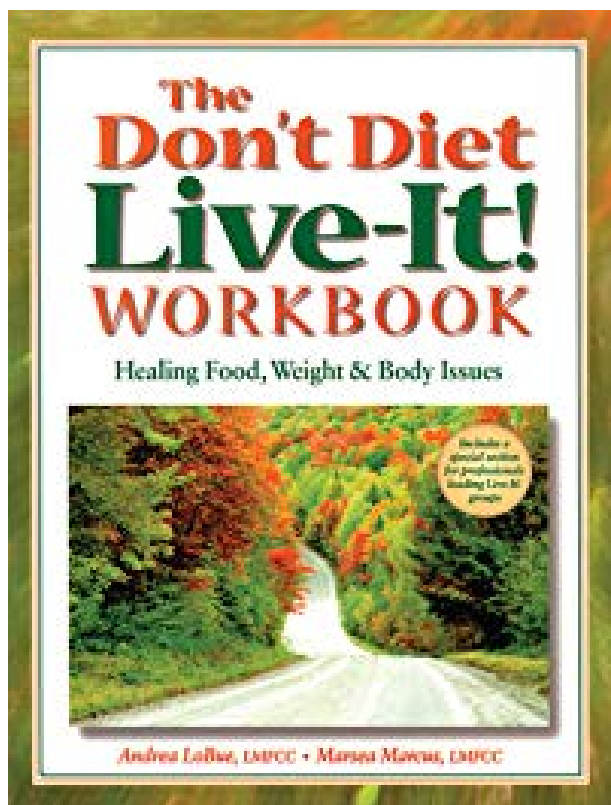


# The Don't Diet, Live-It! Workbook: Healing Food, Weight and Body Issues



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This unique workbook is full of in-depth information, moving personal stories and insightful writing exercises to help people understand and resolve their food, weight and body image issues. Its sensitive insights teach readers how to be at peace with their bodies. Individuals and groups, world-wide, are using The Don't Diet, Live-It Workbook as a healing guide and now you can too!