

an essential guidebook for teens

the intuitive eating workbook for teens

a non-diet, body positive
approach to building a healthy
relationship with food

- * listen to your **body's wisdom**
- * break out of the **diet mentality**
- * start enjoying food again

ELYSE RESCH, MS, RD

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Binge compulsive Eating Workbook For Kids Teens

TD Snyder



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