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February 27th 2018: Encore: I Hated Being Fat

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Do you ever feel like your external existence (aka your body) doesn't match your internal sense of who you truly be? When I was at my highest weight, I hated being fat. When I looked at my body, I didn't see me, I saw the hatred of my mother, the judgments of others, and it didn't match who I knew myself to be. The fat was the cage that imprisoned me and kept abuse alive in my reality. No matter what I did to change my body, I couldn't get rid of the weight. This isn't a judgment about weight, it's actually an invitation to explore what the weight on your body may actually be. What if the reas

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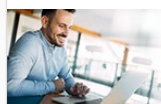
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