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### Inspired Journeys: Overcoming Adversity and Thriving

Archives Available

August 20th 2013: Making Peace with Food and Your Body

In this hour, you will learn about the difference between compulsive and intuitive eating, how to let go of dieting and reach a place of genuine acceptance about your body. If you are like countless others who struggle with issues related to food and body image, our guest will offer you concrete and effective strategies to help free you from the cycle of “yo-yo” dieting and bingeing, and the unnecessary guilt that comes from labeling foods as “good” or “bad,” “safe “ or “unsafe.” We will explore how to eat more consciously, while truly savoring the experience of enjoying food without using it

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### Featured Guest



#### Barbara L. Holtzman, MSW

Barbara is a psychotherapist, hypnotherapist, and lifestyle coach in Providence and Wakefield, RI where she sees adults who struggle with emotional eating and weight issues.

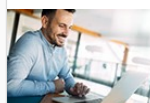
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