

itlyn: "My entire day revolves around food&qu

author:



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Synopsis

"It's frustrating," says Kaitlyn. Who wouldn't be frustrated? Watching your mind circle around the next opportunity to eat like a moth doing laps around a garden light...is hardly the fully-lived life most of us want to be experiencing. Let's look at how we can help Kaitlyn.

Kaitlyn has already made some progress, including a recent win with handling a stressful day without a binge. She's worried that it will be a single outlier experience, though, and wants more strategies to help her feel in control of her eating, as opposed to the sense that eating is in control of her. Grab a pen because there are a lot of tips and strategies in this one hour conversation!
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