

Look Within For Thin Support Group

Even though diets don't work in the long run, it IS possible to achieve a healthy and slim body! Behavioral changes and going "within" to change ingrained negative thought patterns and emotions holding us back is the key!

Topics We Will Discuss:

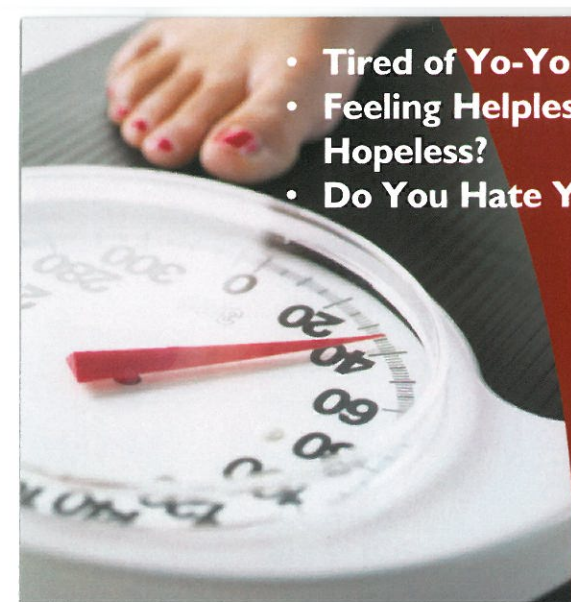
Intuitive and Mindful Eating
Self-Love and Acceptance
Motivation
Emotional Eating
Happiness and Joy (at any weight!)
Getting Rid of "Head Trash"
Self-Doubts, Low Self-Esteem
Positivity and I CAN DO IT attitude!
The Law of Attraction
Getting Rid of Excuses
Finding Your Life Purpose
Being Conscious and in The "Now"
Moving our Bodies
Black/White Thinking

Tools We Will Discuss:

Visualizations & Guided Meditations
Positive Affirmations
Positive Self-Talk
Journaling
Vision Boards
EFT (Emotional Freedom Technique)
NLP (Neuro-Linguistic Programming)
Self-Hypnosis

Suggested readings and podcast links will be emailed to participants. They will also be posted on a PRIVATE internet forum which will be used for continued support between meetings.

For More Info or to register contact Judy Reedy
815-776-0718 or email judy@look-within-for-thin.com



- Tired of Yo-Yo Dieting?
- Feeling Helpless and Hopeless?
- Do You Hate Yourself?

Diets
Alone
Don't
Work.
There
IS
Hope!

Look Within For Thin Support Group

Midwest Medical Center in Galena, IL

Education Room (next to The Vista Cafe')

2nd Monday and 4th Wednesday of the month
from 5:30-6:30

Meetings are free, but please call or email to register (in order to receive monthly tools and support information).

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