

Are You Ready to Ditch the Diet & Learn to Eat *Empowered* ?

It's time to find out if you are ready to jump off the dieting train!
Answer YES or NO to the following statements...

I obsess about food all day and I wish that would stop YES / NO

I constantly speak negatively of my body. I want to work on a positive body image YES / NO

I can put weight loss on the back burner YES / NO

My health and happiness are my priority YES / NO

I want to enjoy all foods without guilt YES / NO

I am willing to be vulnerable so I can learn how to trust my body to tell me how to eat YES / NO

I recognize that my past diets have led me to an unhealthy relationship with food YES / NO

➔ If you've answered "yes" to at least 5 out of the 7 statements above - you are ready to ditch the diet and learn how to make food joyful & nourishing to your mind, body, and soul! A life where you feel empowered with food and your eating habits, one that is both healthy AND happy. And I am here to help you get there!

Schedule your free session [here](#) to learn more!