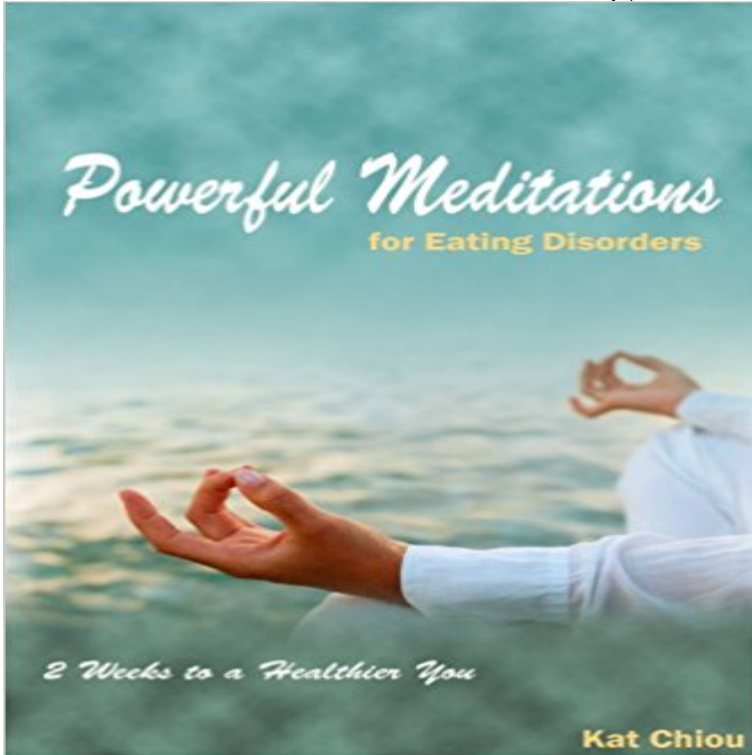


# Powerful Meditations for Eating Disorders



I share with you 2 weeks of powerful meditations that I strongly feel will help facilitate healing your relationship with food and your body. The meditations provided will help you come into a new relationship with your body, and a newfound appreciation for all that it is. There will be a calming and relaxing of old anxieties as you breathe away stress and thoughts that no longer serve you. It is also a quiet time for reflection and growing in a new relationship with yourself and your being. These meditation will provide a peaceful way to come into harmony with your body and to learn to control your thoughts. It is you that can change your relationship with food and your body. Lets begin!

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