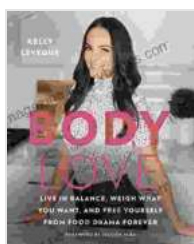


# Unlock Inner Harmony: Live In Balance and End Food Drama Forever

Embark on a transformative journey to create a harmonious relationship with food and achieve lasting well-being with "Live In Balance: Weigh What You Want and Free Yourself From Food Drama Forever."

Are you tired of the endless cycle of diets, deprivation, and food-related anxiety? It's time to break free from the shackles of food drama and embrace a balanced, fulfilling relationship with sustenance.



## Body Love: Live in Balance, Weigh What You Want, and Free Yourself from Food Drama Forever (The Body Love Series) by Kelly LeVeque

★★★★☆ 4.6 out of 5

Language	: English
File size	: 16307 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 288 pages



## Meet the Authors

"Live In Balance" is the brainchild of renowned nutritionist Ilana Muhlstein, MS, RDN, and psychologist and eating disorder specialist Nancy

Colier, LCSW. Together, they guide readers through a comprehensive six-week program that addresses both the physical and emotional aspects of mindful eating.

## **Unveil the Power of Intuitive Eating**

At the heart of "Live In Balance" lies the principle of intuitive eating. This approach empowers you to trust your body's internal signals of hunger and fullness, rather than relying on external rules or restrictions.

Through guided exercises, you'll learn to:

- Identify and challenge distorted thoughts about food
- Create a non-judgmental attitude towards food
- Listen to your body and eat when you're hungry, stop when you're full

## **The Six-Week Program**

The "Live In Balance" program is divided into six modules, each focusing on a specific aspect of intuitive eating:

1. **Module 1: Setting the Foundation:** Explore the basics of intuitive eating and learn practical tools for mindful eating.
2. **Module 2: Uncovering Emotional Eating:** Understand the connection between emotions and food, and develop coping mechanisms.
3. **Module 3: Healing Your Relationship With Food:** Challenge negative body image and food beliefs, and build a positive relationship with your body.

4. **Module 4: The Science of Intuitive Eating:** Dive into the scientific evidence behind intuitive eating and its benefits.
5. **Module 5: Intuitive Movement:** Discover how to engage in mindful exercise and connect with your body's physical needs.
6. **Module 6: Maintaining Balance:** Learn strategies for sustaining your intuitive eating habits in the long run.

## Benefits of "Live In Balance"

Embarking on the "Live In Balance" journey offers a myriad of benefits:

- Achieve a healthier weight without dieting or deprivation
- Reduce food cravings and emotional eating
- Improve body image and self-esteem
- Foster a positive relationship with food and your body
- Promote overall well-being and reduce stress

## Testimonials

Thousands of readers have transformed their lives with "Live In Balance":



***““This book has been a game-changer for me. I've finally found a way to eat intuitively and feel good about myself.” - Sarah”***



***“I highly recommend 'Live In Balance' to anyone who wants to break free from food obsession and achieve lasting well-being." - John”***

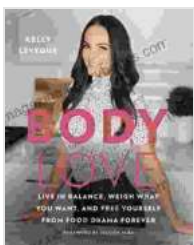
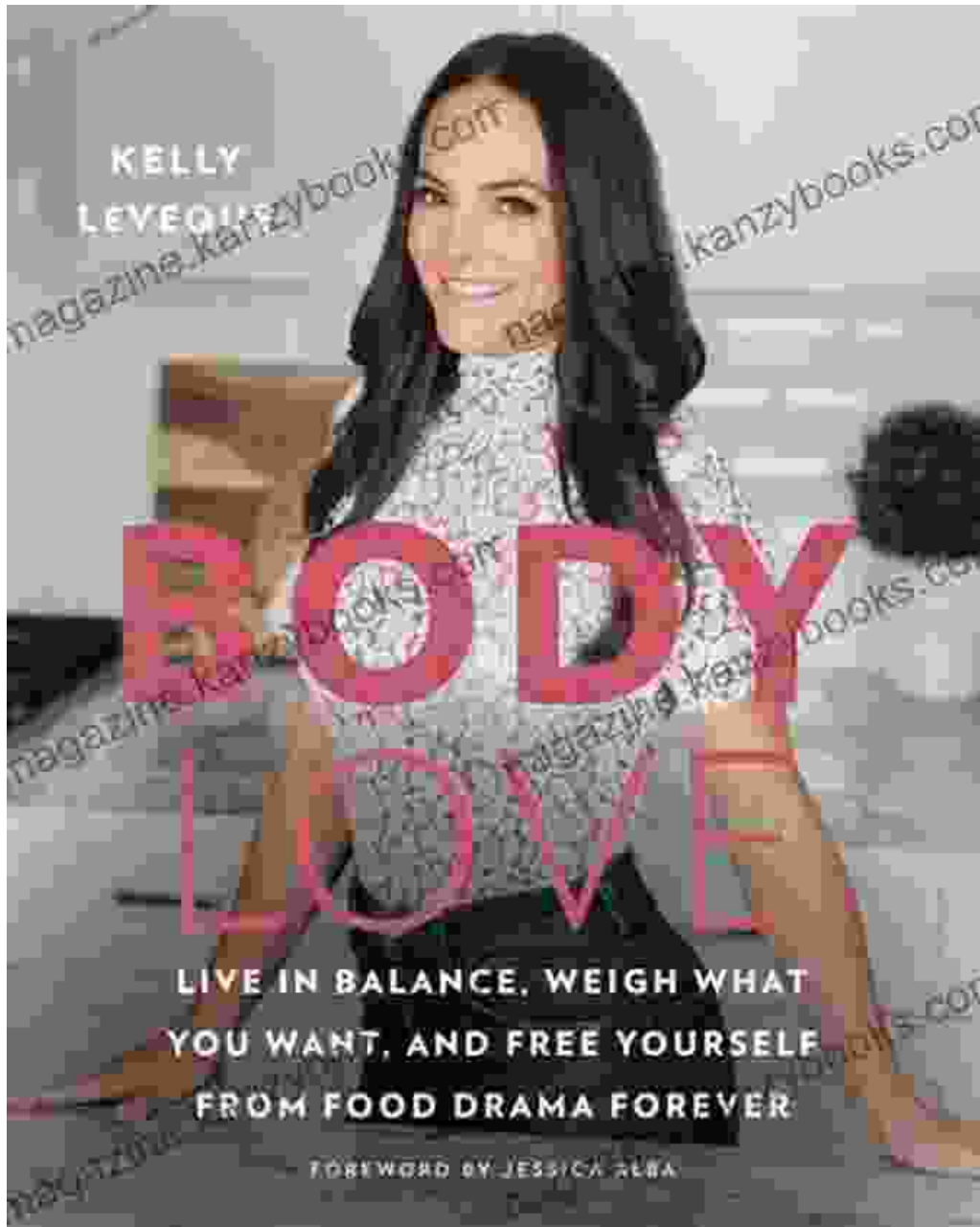
## **About the Authors**

**Ilana Muhlstein, MS, RDN**, is a registered dietitian and nutritionist with over 20 years of experience. She is the founder of The Academy of Comprehensive Eating DisFree Downloads (ACED) and the co-author of "The Body Reset Diet."

**Nancy Colier, LCSW**, is a licensed clinical social worker and eating disFree Download specialist. She is the author of "Eating DisFree Downloads: The Truth and How to Help" and the co-author of "The Intuitive Eating Workbook."

## **Free Download Your Copy Today**

Don't miss this opportunity to transform your relationship with food forever. Free Download your copy of "Live In Balance: Weigh What You Want and Free Yourself From Food Drama Forever" today and embark on a journey towards inner harmony and well-being.



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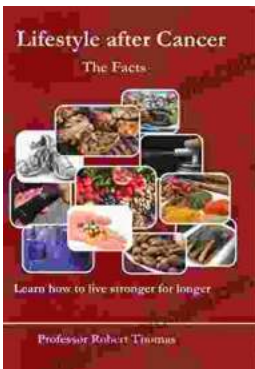
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