



## YOUR IN-ACTION EXERCISE

### The Healing Secrets of Food Revealed

EPISODE #1

**TITLE: WELCOME! Your Roadmap to Eating Less, Weighing Less. Without Dieting.**

### SELF-INSIGHT REFLECTION

Consider this: Are you ready—really, really ready—to make slow-but-steady, long-term changes in your food choices and eating behaviors? Or not really, meaning, is it more accurate to say that you're in a "*pre-contemplation*" stage; that you're not really ready—or, you just don't want to—take pro-active steps toward optimal eating and well-being?

In other words, deep down, do you really want to continue your current food choices and way of eating? Or do you want to make changes you can trust and depend on, that lead to weight loss and well-being?

There's no right or wrong answer. Wherever you are is where you're supposed to be. And that's just fine. Truly.