



YOUR 'IN-ACTION' EXERCISE

The Healing Secrets of Food Revealed

EPISODE #2

TITLE: The Integrative Eating *Dietary Lifestyle* for Weight-Loss and Well-Being

SELF-INSIGHT REFLECTION

Think about a favorite, memorable meal; one that you especially enjoyed. Where were you? Describe your surroundings. Were they pleasant? Were you by yourself? Or with others? What were you eating? Did you like it? A lot? If "yes," why? What do you remember about the flavors, aromas, and textures of the meal? How were you feeling as you ate the food? Delighted? Happy? Or not? Finally, why did you enjoy the meal? Why was it memorable?