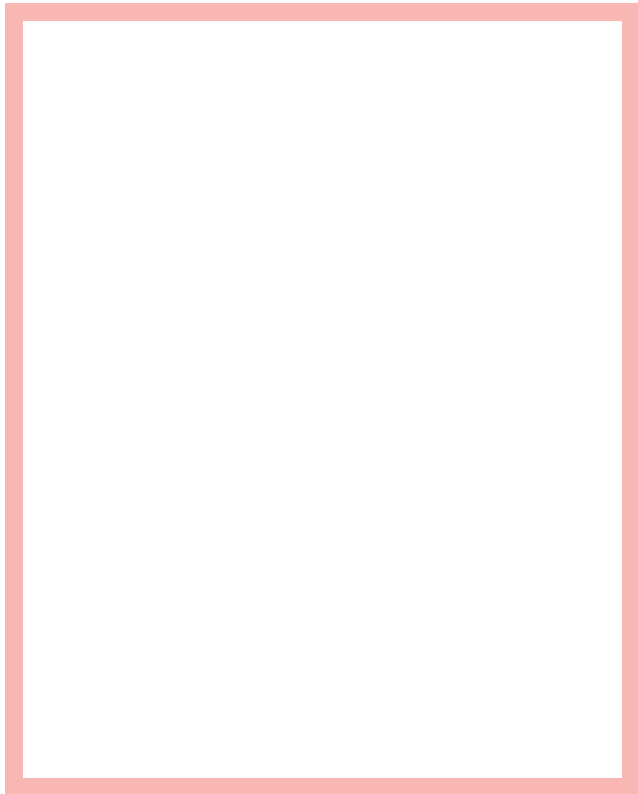




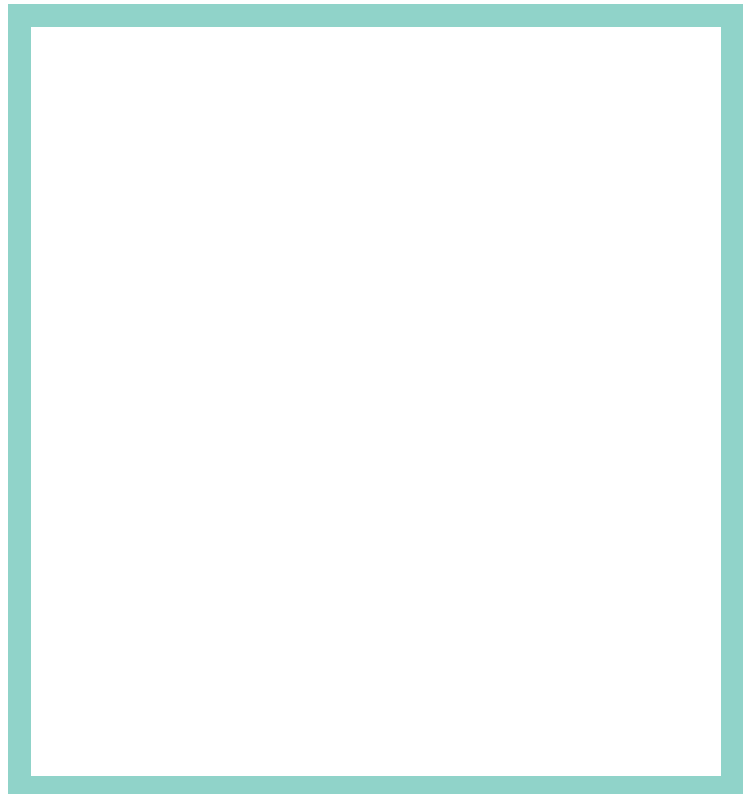
Tapping for:

Why Do I Punish Myself With Food?

HEALTHY FOODS I
CAN SUBSTITUTE



WHAT TRIGGERS MAKE ME
WANT TO EAT?



WHAT NEW HABITS AND IDEAS CAN REDIRECT MY
THOUGHTS

