

Chapter 2

BODY IMAGE

- 1. Go deeper

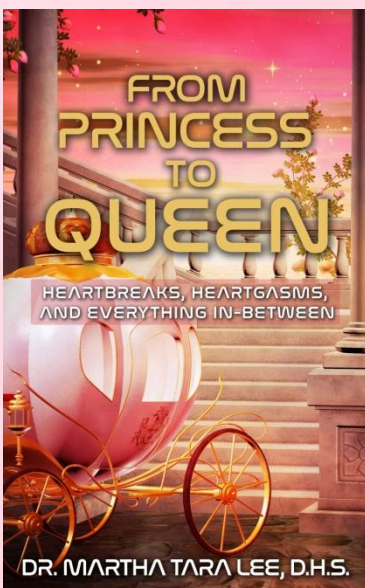
- 2. Recognize what this is really about

- 3. Do what you can with what you have

- 4. Acceptance

- 5. Deepen your relationship with your body

- 6. Let go of the rest



While transformation can shift within seconds, sustainable change requires effort, support, and accountability.

Could you benefit from coaching whether face-to-face or via skype? I would love to work with you! To honor you for coming so far, if you use the code word “queenie”, I’d offer you a discount! Email me at

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