

**ACHIEVE PERMANENT WEIGHT LOSS  
THROUGH GRADUAL LIFE CHANGES**

# GENTLE EATING

**W O R K B O O K**

**A PROVEN EIGHT-WEEK PLAN TO LOSE FROM  
5 TO 25 POUNDS THROUGH STEP-BY-STEP CHANGES**

- Understand the relationship between faith and food ■
- Identify myths and superstitions that keep weight on ■
- Overcome shame, establish boundaries, and define roles to find your true self ■
- Discover how metabolism and genetics affect your appearance ■



**STEPHEN ARTERBURN, M. ED.,  
AND VIVIAN LAMPHEAR, PH.D.**

# Gentle Eating Workbook

**J Dewey**



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