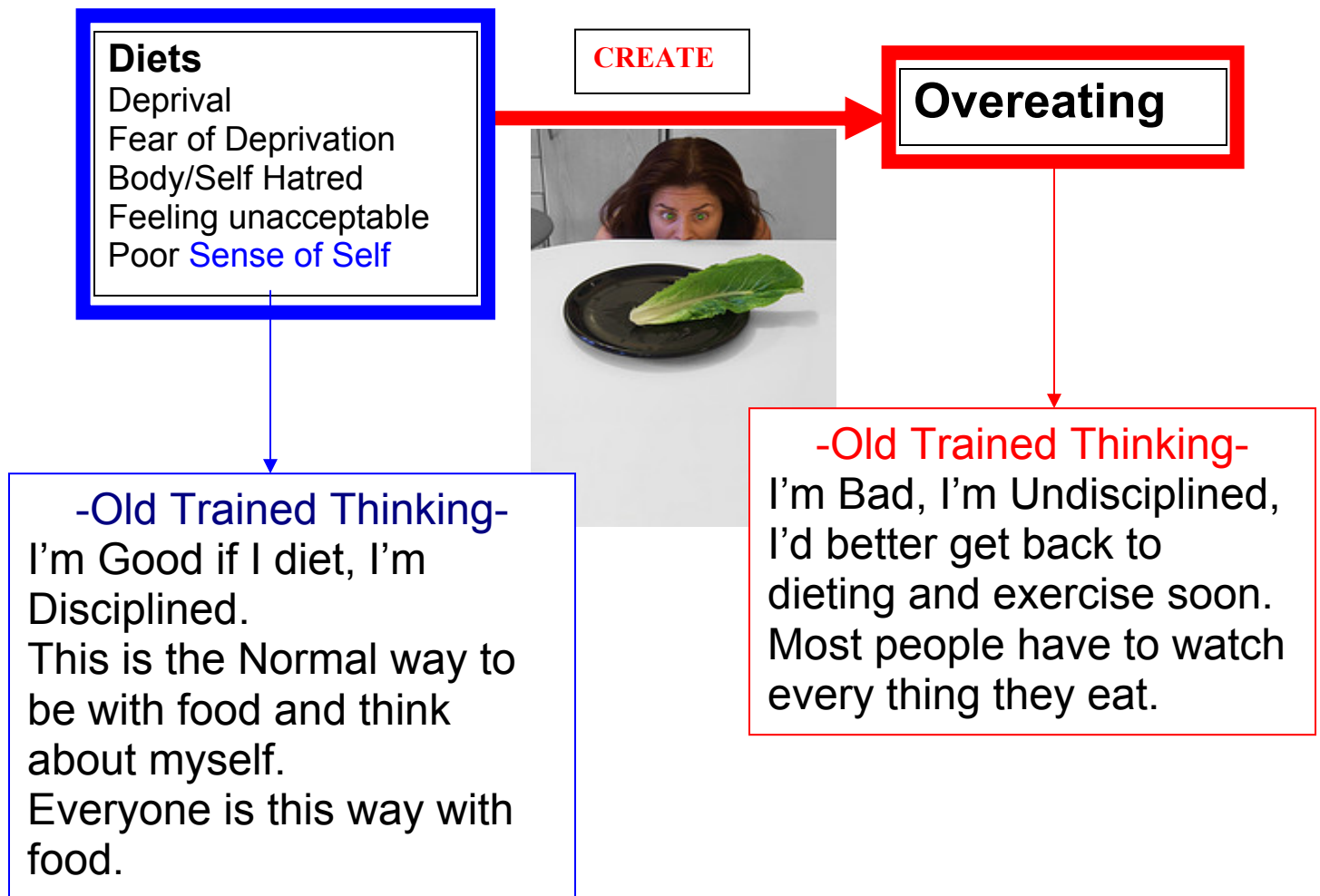


In the Beginning

What drives the *OBCESSION* with.....

Eating Beyond Fullness
Eating Without Hunger
Not Eating when you are hungry (and overeating later)
Abusive/Excessive Obligatory Exercise
Negative Body Image



The First way to stop this cycle is to stop the body disconnect that happens with dieting. Diets/deprivation create overeating and disconnection from your inner body wisdom and healthy weight maintenance.

See the [Yo-Yo Diet Cycle](#) and the [Health Thought Cycle](#)