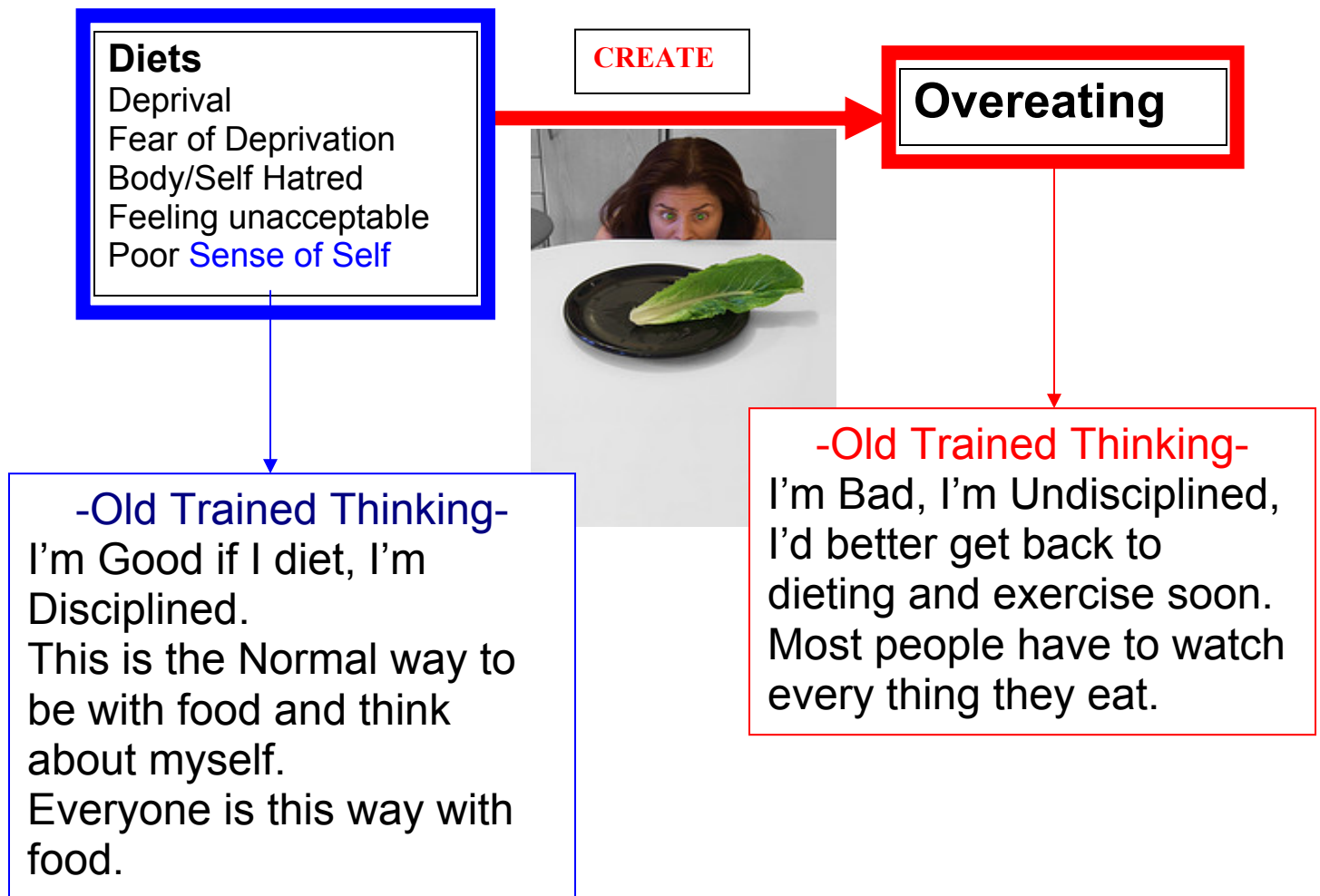


## In the Beginning

What drives the *OBCSESSION* 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](#)