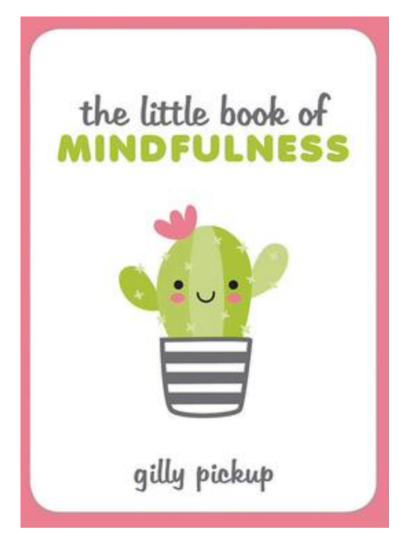
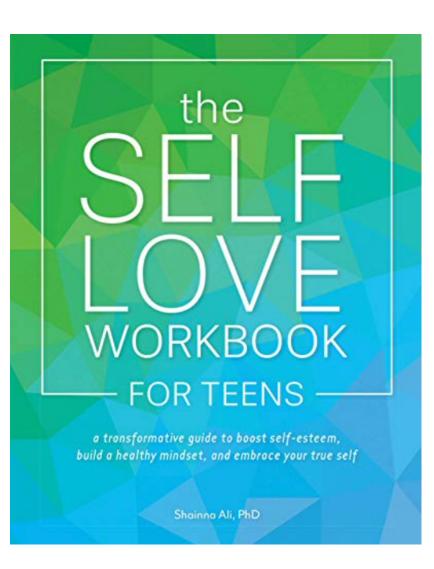
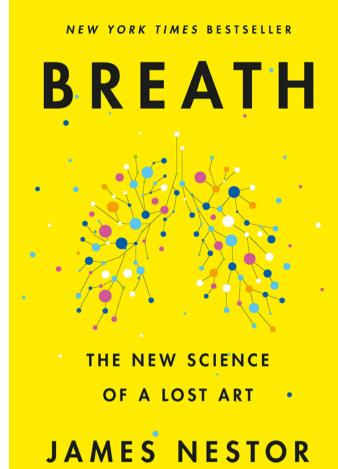
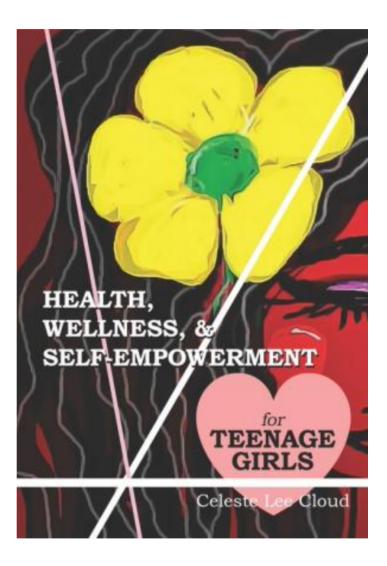
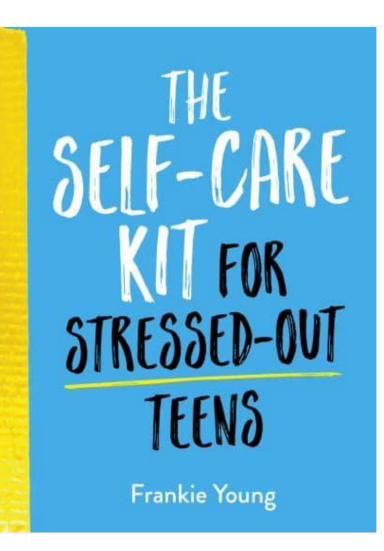
EEN WELLNESS BOOKS

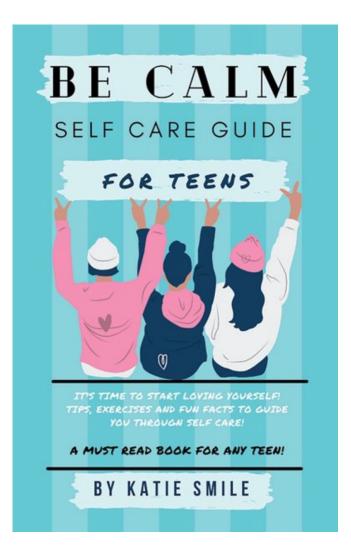


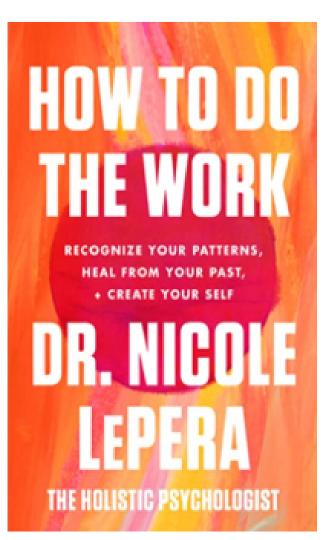












the intuitive eating workbook for teens

> a non-diet, body positive approach to building a healthy relationship with food

* listen to your body's wisdom * break out of the diet mentality * start enjoying food again

