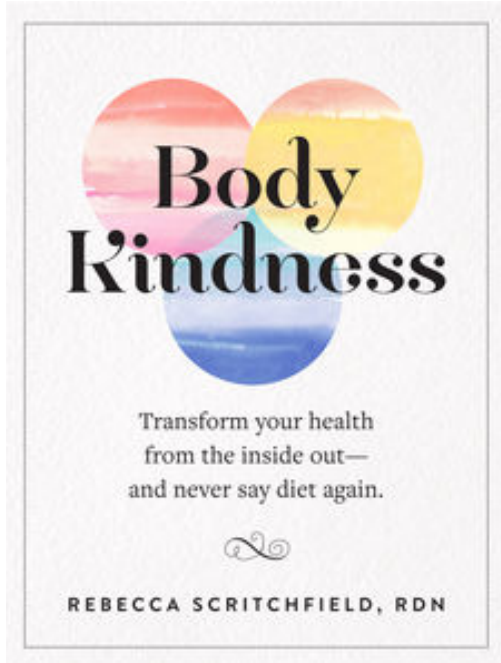


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Download PDF Online Book Body Kindness Rebecca Scritchfield Free eBook PDF/ePub/Mobi, Imagine a graph with two lines. One indicates happiness, the other tracks how you feel about your body. If you're like millions of people, the lines do not intersect. But what if they did?

This practical, inspirational, and visually lively book shows you how to create a healthier and happier life by treating yourself with compassion rather than shame. It shows the way to a sense of well-being attained by understanding how to love, connect, and care for yourself—and that includes your mind as well as your body.

Body Kindness is based on four principles.

WHAT YOU DO: the choices you make about food, exercise, sleep, and more

HOW YOU FEEL: befriending your emotions and standing up

to the unhelpful voice in your head

WHO YOU ARE: goal-setting based on your personal values

WHERE YOU BELONG: body-loving support from people and communities that help you create a meaningful life

With mind and body exercises to keep your energy spiraling up and prompts to help you identify what YOU really want and care about, *Body Kindness* helps you let go of things you can't control and embrace the things you can by finding the workable, daily steps that fit you best. Think of it as the anti-diet book that leads to a more joyful and meaningful life!

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