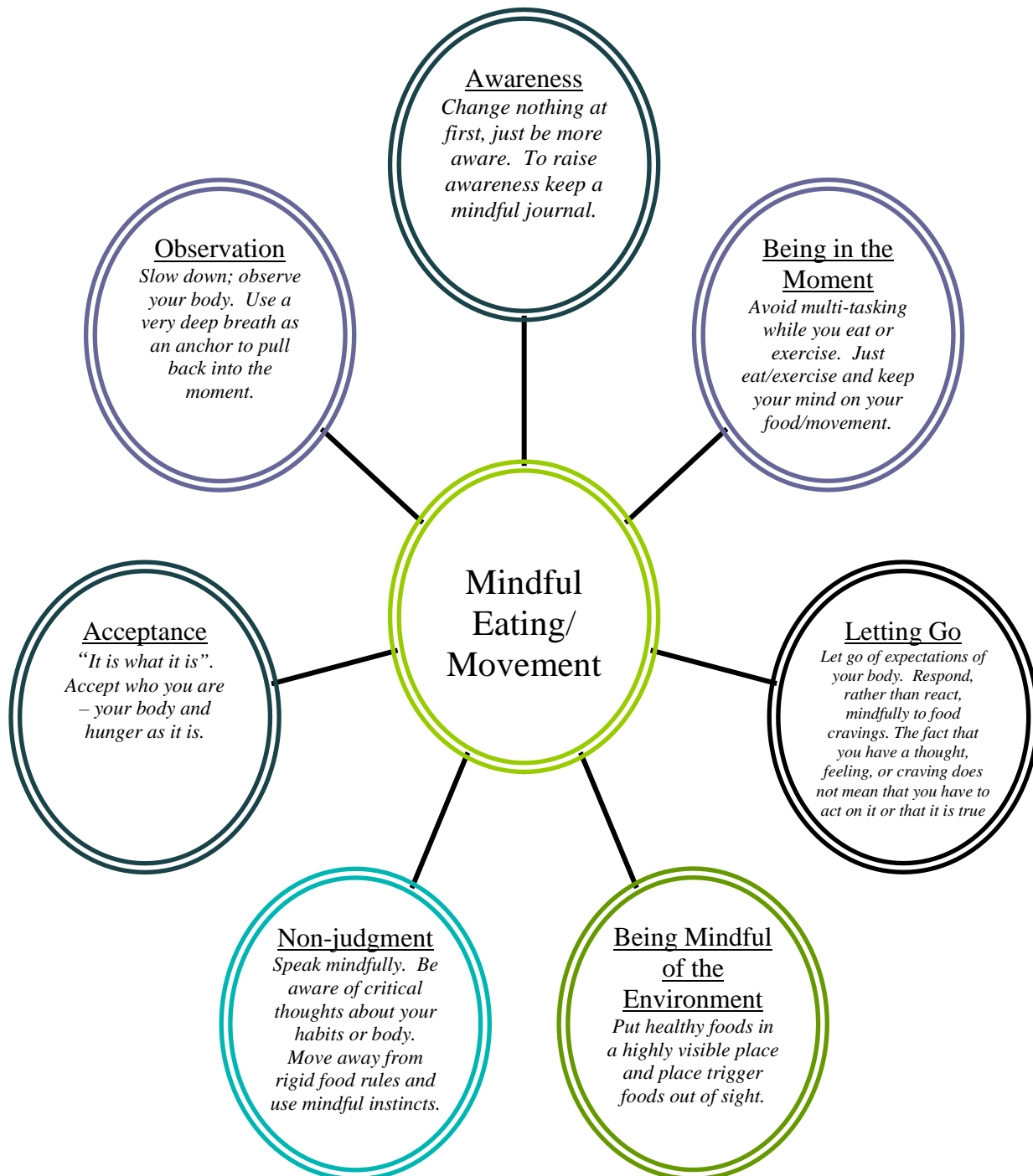




Mindful Eating.... The Seven Skills



Adapted from Eat, Drink, and be Mindful, by Susan Albers, Psy.D.