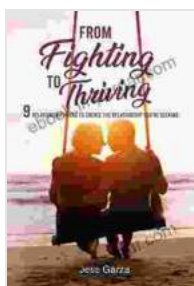


# From Fighting to Thriving: Transform Your Relationship with Food and Your Body

Are you tired of fighting with food and your body? Do you feel like you're constantly on a diet or trying to lose weight? Do you struggle with body image issues or eating disFree Downloads? If so, you're not alone.



## From Fighting To Thriving: 9 Relationship Hacks to Create the Relationship you're Seeking by Kenneth N. Condrell

★★★★★ 5 out of 5

Language : English  
File size : 1016 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 59 pages  
Lending : Enabled



Millions of people struggle with their relationship with food and their bodies. But there is hope. Recovery is possible. And it all starts with changing the way you think about food and your body.

In her new book, *From Fighting to Thriving*, Christy Harrison, MPH, RD, CEDRD-S, helps you do just that. This book is packed with practical advice, inspiring stories, and simple exercises that will help you overcome your food struggles and live a healthier, happier life.

**What You'll Learn in *From Fighting to Thriving***

- How to challenge diet culture and make peace with food
- How to develop a positive body image
- How to overcome eating disFree Downloads
- How to create a healthy relationship with exercise
- How to live a life of purpose and meaning

## **Who This Book Is For**

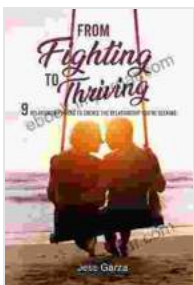
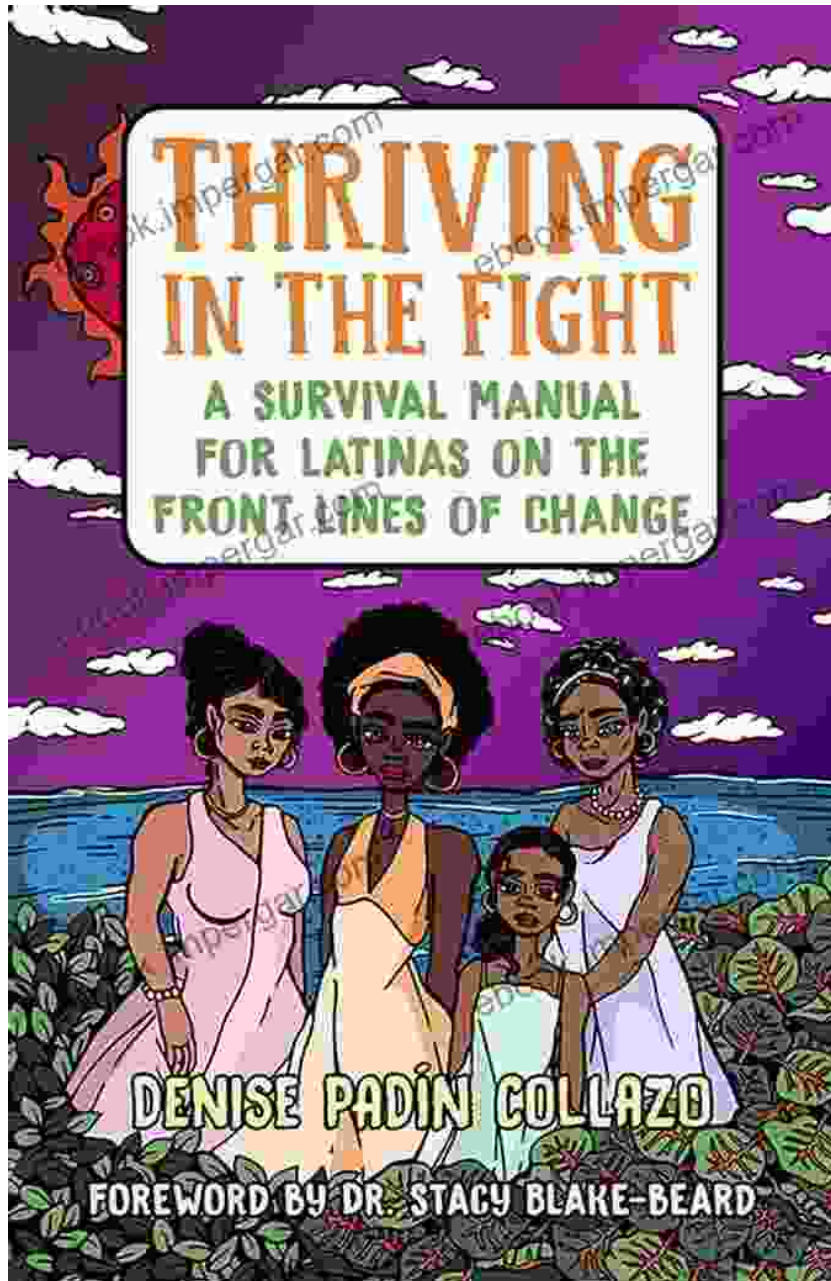
*From Fighting to Thriving* is for anyone who struggles with their relationship with food and their body. This book is especially helpful for people with eating disFree Downloads, body image issues, or weight loss struggles.

## **About the Author**

Christy Harrison, MPH, RD, CEDRD-S, is a registered dietitian, certified eating disFree Download registered dietitian, and body image activist. She is the author of the popular blog and podcast, Food Psych, and her work has been featured in The New York Times, The Washington Post, and The Guardian.

## **Free Download Your Copy Today**

*From Fighting to Thriving* is available now on Our Book Library, Barnes & Noble, and other major retailers. Free Download your copy today and start your journey to food and body freedom.

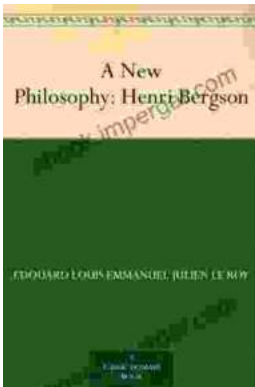


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