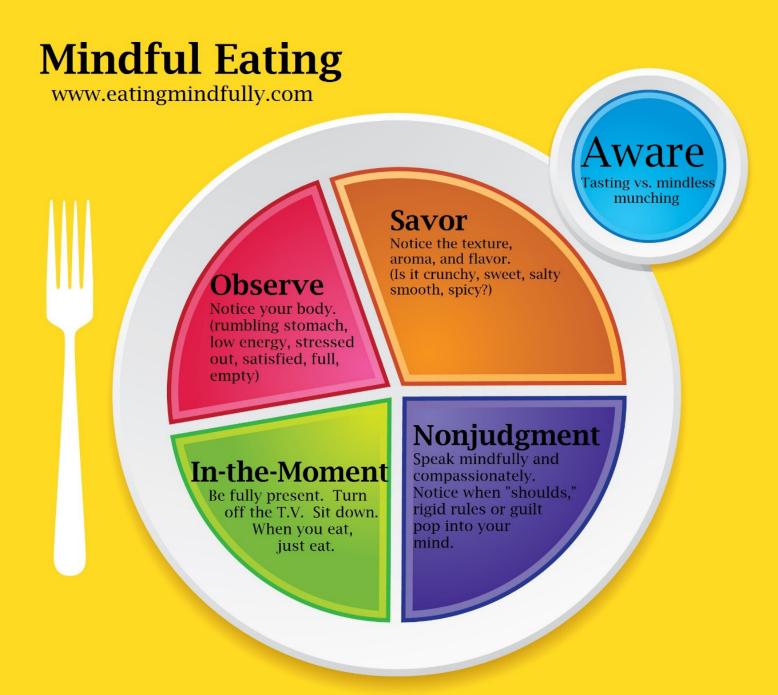


THE MINDFUL EATING PLATE



Susan Albers PsyD @2014 www.eatingmindfully.com