

**Skinny Thinking: Five Revolutionary Steps To
Permanently Heal Your Relationship With Food,
Weight, And Your Body By Laura Katleman-Prue**



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Skinny thinking quotes by laura katleman-prue -

1 quote from Skinny Thinking: You eat to get happy, feel bad for indulging, and then eat more to escape your emotional discomfort. I m sure you ll agree

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What are some negative thoughts caused by

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Nov 16, 2009 Laura Katleman-Prue author of the book, Skinny Thinking, summarizes The Five Steps that comprise the core of the program:

Skinny thinking for men: five revolutionary steps

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