
stress eating
body image confidence issues
diet junkie

If you are, you have certainly come to the right place! I'm going to show you how to put the brakes on and reverse the engine of this weight loss crazy train you're on, and show you how to NEVER go on another diet again. Once you start shifting your focus from weight-loss, dieting and the perfect body, to creating a healthy relationship with yourself and with food, just watch what happens with your weight.

Binge eating, over eating, emotional eating, endless dieting, and body image issues are soooo hard! Eating challenges can be all consuming and leave you feeling stuck, ashamed and totally out of control. It's not easy, but you CAN make peace with food and you CAN find peace, joy and happiness. You CAN transform your self-destructive patterns. But you must be ready to fully commit and jump off the weight-loss roller coaster for good!

If you have FINALLY had enough, if you are ready to break free from the cycle you've been trapped in, let's work together so you can learn how to use your mind, change your thinking, and create the happiest, healthiest, most beautiful version of yourself.

The excess weight is NOT the problem, it's just a symptom and losing it requires patience, compassion, and an "inside/out" approach. Are you ready to finally figure out what it is you're really hungry for? Do you want to make peace with food and find your joy? Are you ready to rewrite your own food story? We all have one. Let me hand you the pen so that you can learn how to change the way you think, feel beautiful and NEVER again spend one more day on a diet.

Life coaching with me is all about results. It's action-oriented, solution-based and concentrates on forward motion, not looking into the past. Together, we will start where you are, take massive action, and get you to where you want to be. I can help you move your life AND the scale! You deserve it and you are worth it. "One step at a time, with one stiletto in front of the other."

Learn more here <http://www.moveyourlifellc.com/>

Get my FREE Guide to end emotional eating here <http://www.moveyourlifellc.com/free-guide>

Call me/Text me here

Schedule a FREE initial discovery session here <https://calendly.com>