



## Love or Diet: Nurture Yourself and release the need to be comforted by food

*Ani Richardson*

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# **Love or Diet: Nurture Yourself and release the need to be comforted by food**

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Are you doing battle with your body? Do you desperately want to end your obsession with food, emotional eating and yo-yo dieting and come to a place of deep peace? Are you ready to begin living in a new and empowered way, not using food to keep you small? Struggles with food and emotional eating are often a signal that something deeper is going on, a kind of soul-call. Love or Diet will help you to follow that soul-call safely and explore your eating patterns in a way that can lead to complete freedom and peacefulness with food. In Love or Diet, nutritionist and editor of [www.nurturewithlove.com](http://www.nurturewithlove.com), Ani Richardson, aims to change your relationship with food, but more importantly, change your relationship with your deepest Self, because when you are willing to courageously look at what you are attempting to stuff down with food, you can begin to heal and shine light on the perceived darkness in our lives, one delicious ray at a time.



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