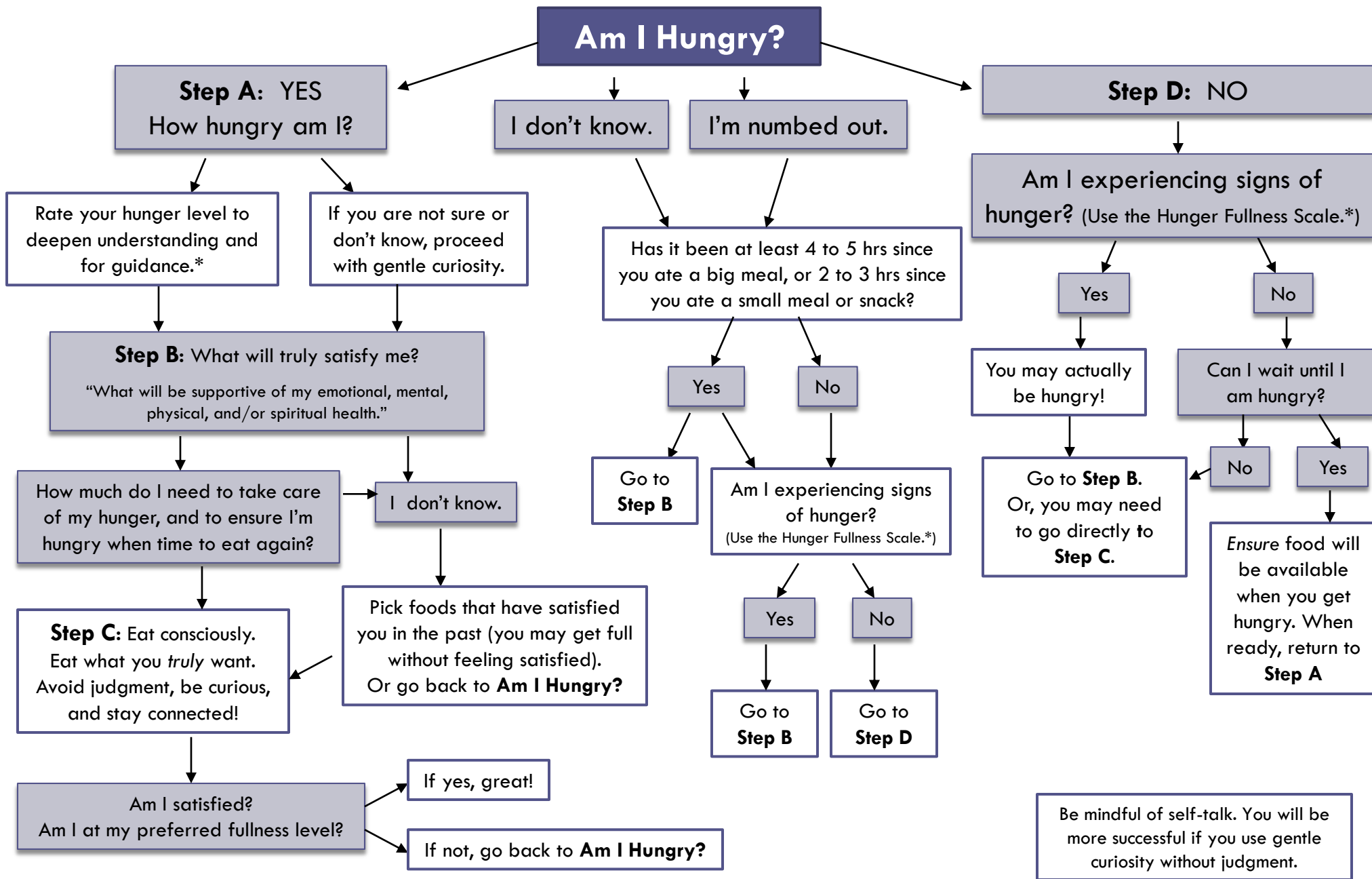


Hunger Flow Chart: Should I Eat Now or Not?



Be mindful of self-talk. You will be more successful if you use gentle curiosity without judgment.

* Use the free Hunger Fullness Scale at www.EatingWisom.com