

Simple Ways to Stop Dieting

**CHALLENGE INTERNAL
FATPHOBIA**

**CELEBRATE NON-
SCALE VICTORIES**

**TAKE TIME TO GRIEVE
YOUR SMALLER BODY**

**PRACTICE INTUITIVE
EATING**

**STOP COMMENTING
ON PEOPLES BODIES**

**STOP CALORIE
COUNTING**

PEACE & NUTRITION

Stop Dieting Before It Kills You

Clemens Wendtner



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