

The background is a solid light pink color. It is decorated with various heart and circle shapes in different shades of pink, purple, and blue. Some of these shapes have a watercolor or gradient effect. A thin horizontal line is positioned near the top of the page.

# EAT LOVE HEAL

TRANSFORM YOUR INNER VOICE,  
HEAL YOUR RELATIONSHIP WITH FOOD

**Lenora Edwards, MS**

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[EATLOVEHEALNOW.COM](http://EATLOVEHEALNOW.COM)

# Welcome

## Transform Your Inner Voice, Heal Your Relationship with Food

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Congratulations on taking this powerful step toward reclaiming peace with food and yourself. Words have a transformative power, and the way we speak to ourselves can completely shift our relationship with food, our body, and our life.

I spent years stuck in a cycle of guilt, shame, and self-sabotage. It wasn't diets, deprivation, or willpower that set me free—it was learning to change my inner dialogue and build a new, supportive relationship with myself. And that's the path I'm here to show you.

You've likely heard the quote: "Every thought we think is creating our future." It couldn't be more true. The way we think and speak to ourselves shapes our experiences. The words we use—whether uplifting or self-critical—can build us up or tear us down. Every challenge, every relationship, and every decision is filtered through the lens of our inner dialogue.

But here's the good news: You can take control of your inner voice. When you speak to yourself with kindness, compassion, and empowerment, you are making a bold statement that you matter, that you are worthy, and that you deserve love. This shift ripples into every area of your life, but it has a particularly profound effect on your relationship with food and your body.

My hope for you, through this journey, is to discover the incredible power of your own voice—to transform it into a force of self-love, courage, and healing. You have the ability to rewrite your story and reclaim your confidence.

Together, let's explore how to step into the life you deserve—a life where food is no longer a source of stress, your body is embraced with compassion, and your dreams feel within reach.



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The words you  
speak become  
the house you  
live in.

HAFIZ



# *Introduction*

## The Power of Self-Talk

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The way you speak to yourself has a tremendous impact on your feelings, actions, and experiences in life—especially when it comes to your relationship with food and your body.

Your inner dialogue shapes your self-perception, beliefs, and the way you navigate the world. It's like the sunglasses you wear every day—coloring how you see everything around you. When this inner voice is critical or harsh, it can keep you stuck in patterns of emotional eating, guilt, and frustration.

But here's the incredible part: when you become aware of the disempowering things you tell yourself—before, during, or after eating—and replace them with nurturing and supportive messages, everything can change. You have the power to decide how you speak to yourself.

This choice—to speak kindly and compassionately—allows you to dismantle limiting beliefs, cultivate self-compassion, and ultimately overcome emotional eating.

The journey of self-discovery begins the moment you look within. It requires listening to yourself, observing your self-talk, and choosing to engage in a dialogue that uplifts and empowers you. This isn't about perfection—it's about patience and practice. Like any art form, it takes time, but the results are worth it.

So, let me invite you on this journey to discover the incredible power of your inner voice. Together, we'll explore how to rewire the way you speak to yourself and unlock a future where food no longer holds control, and you step into a life of confidence, balance, and self-love.



# WHY IT MATTERS

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Self-talk matters because it's the cornerstone of how we navigate life—and one of the most powerful keys to breaking free from emotional eating.

The way we speak to ourselves shapes how we see ourselves, the world around us, and the possibilities for the future we imagine. A harsh inner voice can leave us feeling anxious, unworthy, and stuck in cycles of guilt and self-sabotage. For many of us, this leads to turning to food for comfort, distraction, or relief.

But here's the empowering truth: when you become aware of that critical voice and begin shifting it toward compassion, you open the door to lasting change. A kinder, more supportive dialogue creates space for self-acceptance, healing, and growth.

Changing your self-talk—your words, tone, and inner rhythm—doesn't just change how you feel; it changes how your brain works. Positive self-talk rewires your neural pathways, creating new mental patterns that help you break free from old habits. These shifts empower you to step into a life of self-love, resilience, and freedom from emotional eating.

When you choose to rewrite the script in your mind, you're not just changing your relationship with food—you're changing your relationship with yourself and the world. And that's a transformation worth embracing.

*Self-Talk*

# BREAKING FREE

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Many of us have unknowingly developed habits of negative self-talk, especially when it comes to our relationship with food and our bodies. This harmful inner dialogue often shows up as:

**Self-criticism - Focusing on flaws, failures, and perceived inadequacies.**

**Pessimism - Expecting the worst outcome in every situation.**

**Self-limiting beliefs - Doubting your abilities and imposing unnecessary restrictions on yourself.**

**Blame - Attacking or judging yourself harshly.**

**Comparisons - Constantly measuring yourself unfavorably against others.**

These limiting beliefs don't just hold us back—they keep us trapped in a state of disempowerment. They chip away at our self-confidence, increase our stress, fuel anxiety and depression, and inevitably push us further into cycles of emotional eating.

The words we use have the power to shape our reality. When we speak to ourselves with kindness and compassion, we begin to break free from the grip of these toxic patterns. But when our inner dialogue is filled with criticism and judgment, it distorts our perceptions, magnifies our challenges, and leaves us feeling helpless.

Here's the truth: You have the power to rewrite your inner script. When you replace those negative grooves with words of love, acceptance, and self-empowerment, you're not just breaking free from emotional eating—you're stepping into a life where food no longer defines your worth, and self-love becomes your guiding compass.



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Your words are the  
greatest power you  
have. The words you  
choose and their use  
establish the life you  
experience.

SONIA CHOQUETTE



# EMPOWERING INNER DIALOGUE

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These are some of the powerful tools I use daily with my clients in 1:1 and group coaching sessions. With consistent practice, these techniques can help you transform your inner dialogue around food and body image. By adopting these tools, you can rewire old mental habits and create a kinder, more empowering relationship with yourself.

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## *Self-Compassion:*

Ask yourself: What advice would I give to a dear friend in this situation?

Now, give yourself that same advice. Treat yourself with the same kindness, patience, and understanding—especially during moments of struggle. Self-compassion isn't just an act of kindness; it's a bridge to healing and growth.

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## *Reframing Negative Thoughts:*

Turn critical thoughts into positive, empowering alternatives.

For example:

- Replace, "I'm a failure for overeating" with, "I'm learning and growing in my journey to heal my relationship with food."
- Shift, "I'll never change" into, "Every step I take brings me closer to the life I want."
- Reframing helps you see setbacks as opportunities to grow rather than reasons to criticize yourself.

Your Tools

# EMPOWERING INNER DIALOGUE

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## *Journaling:*

Grab a pen and paper (yes, an actual journal!) and start exploring your thoughts and beliefs around food and body image. Journaling helps you process emotions, unearth outdated beliefs, and create new perspectives that serve your goals. Write freely and let your inner voice emerge—no judgment allowed!

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## *Visualization:*

Picture yourself in a balanced, joyful relationship with food and your body.

Close your eyes and imagine:

- How would it feel to nourish yourself with love and care?
  - What does peace with food look like for you?
  - How would your life change if you treated yourself with kindness every day?
  - Engage all your senses in this visualization—feel it, see it, and let it inspire your next steps.
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## *Gratitude Practices:*

Celebrate small wins and express appreciation for your body's strength and resilience.

For example:

- "I'm grateful for my body's ability to move and carry me through my day."
- "I'm thankful for the progress I've made, even if it feels small right now."
- Gratitude shifts your focus away from negativity and helps you notice the beauty in the present moment.

Your Tools

# EMPOWERING INNER DIALOGUE

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## *Challenging Limiting Beliefs:*

When negative thoughts about food or your body arise, ask yourself:

- Is this thought 100% true?
  - Is this belief based on diet culture or unrealistic body standards?
  - How can I replace this thought with something more empowering?
  - For example, if you think, “I’ll never look good enough,” reframe it as, “My worth isn’t defined by my appearance—it’s defined by my kindness, courage, and strength.”
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## *Mindful Breathing:*

Ground yourself in the present moment by connecting with your breath. Try this:

- Take a slow, deep inhale for a count of 4, hold for 4, and exhale for 6.
  - As you breathe, repeat a calming mantra such as, “I am enough” or “I release what no longer serves me.” Mindful breathing helps you create a pause between emotion and action, allowing you to respond to cravings or stress with intention rather than reaction.
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## *Self-Compassion Mantras:*

Develop a habit of speaking to yourself with kindness, especially during tough moments. Mantras to try:

- “It’s okay to feel this way—I am learning and growing.”
- “I am worthy of love and care, exactly as I am.”
- “I release the need for perfection and embrace progress.”

These affirmations will rewire your inner dialogue, turning your critical voice into a supportive one.

Your Tools



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Words are seeds. They do more than blow around. They land in our hearts and not the ground. Be careful what you plant and careful what you say. You might have to eat what you planted one day.

UNKNOWN

# SHIFTING YOUR INNER DIALOGUE

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In the previous section, we explored tools to reframe and challenge your inner dialogue. Now, let's take it a step further by asking better, high-quality questions. These empowering questions allow us to shift our focus, uncover solutions, and open our minds to new possibilities for healing and growth.

Your brain is like a search engine—it's constantly answering the questions you ask. If you ask disempowering questions like, "Why can't I ever get this right?" your brain will find an equally disempowering answer. But when you ask better questions, you'll receive more empowering, solution-focused responses.

## **Types of Empowering Questions:**

### **Affirmation Questions:**

These focus on your strengths, talents, and the resources you already possess.

Examples:

- "What are some ways I've nourished my body with love today?"
- "What unique qualities do I appreciate about myself?"

### **Reframing Questions**

Turn challenges into opportunities for growth.

Example:

- "What is this difficult moment with food trying to teach me?"
- Reframing questions help you build resilience and discover lessons within setbacks.

*Better Questions*

# SHIFTING YOUR INNER DIALOGUE

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## **Types of Empowering Questions:**

### **Solution-Focused Questions:**

These focus on actionable steps to improve your situation.

Example:

- “What three small steps can I take this week to prioritize mindful eating?”
- Solution-focused questions boost your confidence and sense of control over your journey.

### **Self-Compassion Questions:**

These provide kindness and support during challenging times.

Example:

- “What kind words can I offer myself as I navigate this moment?”
- Self-compassion questions foster emotional resilience and help you treat yourself with the same care you’d show a loved one.

By consistently asking yourself these types of questions, you can begin to shift your inner dialogue into a more supportive, empowering narrative. Over time, you’ll notice greater wisdom, strength, and resilience emerging from within.

*Remember:*

*The questions you ask determine the answers you receive—and those answers have the power to shape your relationship with food, your body, and yourself.*

*Better Questions*





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When you change  
the way you look at  
things, the things  
you look at change.

WAYNE DYER

# UNLOCKING YOUR INNER STRENGTH

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Imagine this:

- How would you feel if you could effortlessly focus on solutions instead of problems?
- What if you could amplify your strengths to boost happiness, inner peace, and achievements?
- How good would it feel to uncover and utilize powerful inner resources you already possess?

These are examples of questioning affirmations—empowering, solution-oriented questions that shift your subconscious thought patterns from negative to positive.

Unlike traditional affirmations, which are statements (“I am confident”), questioning affirmations reframe your thoughts by encouraging curiosity and exploration. This approach engages your brain to naturally search for answers that reinforce healthier, more empowering beliefs.

## HOW IT WORKS:

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When applied to emotional eating, questioning affirmations become an especially powerful tool for healing. Instead of focusing on challenges and setbacks, you ask questions that redirect your mind toward growth and self-compassion.

For example:

- Why am I making such healthy choices for myself today?
- What am I doing differently that allows me to feel more at peace with food?
- How am I showing my body love and respect in this moment?
- What is becoming easier for me as I heal my relationship with food?

*Questioning Affirmations*

## HOW IT WORKS:

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These types of affirmations work on a subconscious level, rewiring your brain over time. As you practice them regularly, you eliminate old neuro-connections that reinforce negative beliefs and build new pathways that align with positive, solution-focused thinking.

## WHY IT MATTERS:

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The first person to introduce me to this transformative tool was my coach, and it's since become one of my most frequently used techniques. Inspired by the work of Noah St. John and others, questioning affirmations are uniquely effective because they don't just tell your brain what to believe—they invite it to explore and adopt these beliefs naturally.

This process isn't just about creating a mental shift. It's about fostering a lasting transformation in how you approach food, emotions, and your sense of self-worth. Over time, you'll notice that these affirmations open doors to solutions and insights you didn't even realize were possible.

*Questioning Affirmations*



## Questioning Affirmations in Action...

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Below and on the following pages, you'll find a series of powerful questioning affirmations to help you get started. Use them as prompts to engage your mind and redirect your inner dialogue toward healing, empowerment, and self-love.

## Self-Compassion and Understanding

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- What steps am I taking to ensure I treat myself with compassion and understanding?
- How am I successfully integrating self-love practices into my daily life?
- What has empowered me to embrace self-love in every aspect of my life?
- How am I able to quiet my inner critic and be my own cheerleader?
- In what ways am I showing patience and kindness to myself during moments of struggle?
- What small acts of self-care have I done recently that reinforce my sense of worth?

## Body and Mind Connection

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- What actions am I taking to cherish and honor my body and mind?
- How am I learning to trust myself around food?
- How am I becoming more accepting and loving towards my body?
- How am I honoring my body's unique needs and preferences?
- How am I showing my body love and respect in this moment?
- How am I cultivating a deeper connection with my body through movement or stillness?

## Emotional Resilience and Healing

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- What is becoming easier for me as I heal my relationship with food?
- What insights am I gaining about my emotional triggers for overeating?
- How am I learning to honor my emotions without using food to numb or distract?
- What new coping strategies am I developing to manage stress and emotions?
- How have I developed such strong resilience, allowing me to gracefully navigate through life's ups and downs?
- How am I celebrating my progress instead of focusing on perceived setbacks?
- How am I prioritizing my needs and honoring my worth each day?

## Body and Mind Connection

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- What actions am I taking to cherish and honor my body and mind?
- How am I learning to trust myself around food?
- How am I becoming more accepting and loving towards my body?
- How am I honoring my body's unique needs and preferences?
- How am I showing my body love and respect in this moment?
- How am I cultivating a deeper connection with my body through movement or stillness?
- How am I finding joy in my body's abilities, rather than focusing on its appearance?

## **On Healing and Growth:**

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- Why am I capable of healing my relationship with food and my body, one day at a time?
- Why does every new day present me with a fresh chance to nurture my growth, embrace learning, and celebrate my successes?
- Why am I excited to discover the freedom and peace that comes with healing emotional eating?
- Why am I worthy of investing time and energy in my self-care and healing?

## **On Confidence and Strength:**

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- Why am I confident in my inner wisdom and strength, knowing they guide me through any situation?
  - Why am I increasingly choosing actions motivated by love and self-care, rather than fear or compulsion?
  - Why am I feeling more confident in my ability to make nurturing food choices?
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As you begin to integrate these affirmations and questions into your daily life, you will notice subtle but profound shifts in the way you see yourself, your emotions, and your relationship with food. These small, consistent changes pave the way for lasting transformation—just as they have for so many others on this journey

# Success Stories

In my years as a coach, I have had the privilege of watching so many women (and men) transform their own lives by using the power of self-talk and the tools and exercises that I write to you about in this book.

Their inspiring stories and results are a testament to the healing, growth, and change that is possible when you start tapping into your own potential.

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Sarah, a busy mother of two, felt overwhelmed by her long-standing battle with emotional eating. Stress from managing her career and family often drove her to late-night binge sessions that left her feeling guilty and out of control. Through the Eat, Love, Heal program, Sarah discovered the power of the S.A.F.E Protocol to slow down, acknowledge her emotions, and sit with them without judgment. By practicing this tool daily, she learned to respond to stress with kindness instead of food.

Now, Sarah describes herself as “calm and in control,” enjoying meals without guilt. She credits the program’s simple, step-by-step techniques for helping her finally find peace with food and herself.

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Rachel, a high-achieving professional, was her harshest critic. She constantly struggled with self-blame for overeating and found herself trapped in a cycle of shame and restriction. During the Eat, Love, Heal program, she was introduced to the H.E.A.R.T Protocol, which allowed her to unpack and embrace the emotions fueling her eating habits. Journaling exercises from the program helped Rachel uncover the deep-rooted stories she had about food and her body.

Now, Rachel uses her journal daily as a safe space to process her thoughts, rewrite limiting beliefs, and extend herself the same kindness she would to a close friend. She says, “This program gave me the tools to finally quiet my inner critic and feel at peace with my choices.”

# Success Stories

Margo, a single woman in her 40s, had tried every diet under the sun, only to find herself trapped in a cycle of restriction and emotional overeating. She felt stuck and doubted she could ever break free. Through the Eat, Love, Heal program, Margo discovered the A.L.L.O.W Protocol, which taught her how to step into a future vision of herself with confidence. She particularly loved the module on affirmations, using the questioning techniques to reframe her negative thoughts and create empowering new beliefs.

*Today*, Margo describes her relationship with food as “effortless and joyful.” She no longer feels controlled by cravings and has built sustainable habits rooted in trust and self-love. She shares, “This program didn’t just change how I eat—it transformed how I see myself.”

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Mark, a 38-year-old entrepreneur, struggled with emotional eating for most of his life. Late-night snacking became his way of coping with the stress of running a business, and it felt impossible to stop. Through the Eat, Love, Heal program, Mark discovered the 5-Step HMR Safe Scene Protocol, which allowed him to uncover and heal the stress-driven patterns behind his eating habits.

By using mindfulness practices from the program, Mark learned to pause when he felt overwhelmed, ground himself, and choose responses that didn’t involve food. He also loved the guided visualization exercises, which helped him process and release some of the emotional weight he’d been carrying for years.

*Today*, Mark feels more balanced and confident in his ability to handle life’s pressures. He says, “The program gave me the tools to finally separate my emotions from my eating habits. For the first time, I feel like I’m in control, not the other way around.”



## BE KIND TO YOURSELF:

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Transforming your relationship with food and your body through the power of self-talk is a lifelong journey of self-discovery, growth, and empowerment. Along the way, setbacks and challenges are bound to arise—but they don't define you. They are simply opportunities to learn more about yourself and to deepen your understanding of your journey.

When these moments occur, be kind to yourself. Use them as stepping stones, not stumbling blocks. Each step forward, no matter how small, is a victory. Believe in your ability to create lasting change and trust that your commitment to yourself will yield remarkable results. Repeated practice and application of these tools will strengthen your new habits and make them second nature over time.

*Step into Your Transformation*


## A NOTE OF GRATITUDE:

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Thank you for being here and for taking the courageous step to explore the concepts and practices in this book. It's not easy to challenge the patterns we've lived with for so long, but your willingness to show up for yourself speaks volumes about your strength and potential.

If this book has brought value to your life, I invite you to pay it forward. Share it with someone you know who could benefit from these insights and tools. Together, we can create a ripple effect, empowering others to transform their relationship with food, their bodies, and ultimately, themselves.

All the best,  
Lenora



# *A Reminder to Believe in Yourself*

*You have everything you need within you to  
create the life you desire.*

*You are capable of change, and every decision  
you make to heal, grow, and step forward  
matters.*

*Celebrate your wins, embrace your learning  
moments, and never forget that the process  
itself is a reward.*

# *Step into Your Transformation*

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When these moments occur, be kind to yourself. Use them as stepping stones, not stumbling blocks. Each step forward, no matter how small, is a victory. Believe in your ability to create lasting change and trust that your commitment to yourself will yield remarkable results. Repeated practice and application of these tools will strengthen your new habits and make them second nature over time.

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**You can do anything you  
decide to do. You can act to  
change and control your life;  
and the procedure, the  
process is its own reward.**

**-Amelia Earhart**

## DISCOVER YOUR PATH TO TRANSFORMATION:

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Your journey toward healing and freedom begins with a single step. If you're ready to deepen your commitment to yourself and explore tools to create lasting change, I warmly invite you to connect with me.

[Visit EatLoveHealNow.com](https://EatLoveHealNow.com)

Here, you'll find:

- A library of resources to support your healing journey
- Stories of transformation from people just like you
- The opportunity to schedule a complimentary consultation with me

## YOUR NEXT STEP: PERSONALIZED SUPPORT:

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Imagine a heart-to-heart conversation where we focus entirely on you—your unique story, your challenges, and your dreams. Together, we'll create a roadmap tailored to your goals and begin breaking the cycle of emotional eating, one step at a time.

Whether through personalized 1:1 coaching or the transformative Eat, Love, Heal, you'll gain practical, evidence-based strategies designed to empower you to take control of your journey.

*You Are In Control*



## WHAT YOU'LL GAIN:

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- **Clarity:** A deeper understanding of what's been holding you back and how to move forward
- **Confidence:** Evidence-based strategies tailored to your needs to heal emotional eating at its core
- **Connection:** A compassionate, supportive space where you can truly be seen and heard

## ARE YOU READY?

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To step into a life where food is nourishment—not a battleground?

To move closer every day to the version of yourself you've always known you could be?

If your answer is yes, I'm here to support you. Visit [EatLoveHealNow.com](http://EatLoveHealNow.com) today, and I will be there to guide you and support you every step of the way.

*You Are In Control*

get to know me

## ABOUT ME:

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Hi, I'm Lenora, and I understand firsthand the battles that can arise with critical inner voices, limiting beliefs, anxiety, and an eating disorder. For years, I felt trapped in a cycle of self-doubt and sabotaging behaviors, searching for a way to truly break free.

Here's what I've learned after more than a decade of searching and healing:

## **It all comes down to your language.**

The words you use to talk to yourself, to describe your journey, and to interpret your experiences hold the power to either keep you stuck or set you free.

When you shift the way you speak to yourself—when your inner dialogue becomes your greatest ally instead of your harshest critic—real change happens faster than you ever imagined.

I'm here to help you unlock that transformation. Let's rewrite the story you tell yourself and create a life of confidence, peace, and self-love.

“

What the mind can conceive  
and believe, the mind can  
achieve regardless of how  
many times .you may have  
failed in the past or how lofty  
yours aims and hopes may be.

NAPOLEAN HILL

#### Disclaimer

This book is designed to provide tools, insights, and support for personal growth, self-reflection, and well-being. However, it is not intended to replace professional psychological services, medical treatment, or individualized care.

If you are experiencing significant emotional, psychological, or physical challenges, please consult with your therapist, physician, or other licensed healthcare provider. These tools and practices are most effective when used as a complement to professional guidance, and I fully support the coordination of services for those under the supervision of a healthcare provider.

The information provided in this book is for educational and informational purposes only and should not be considered medical, psychological, or professional advice.