

Recovering Beauty

About the Author	3
Forward	4
Preface.....	5
Chapter #1 – Who Is This Book For?.....	7
Chapter #2 – How Did You Get Here?	10
Chapter #3 - Overview.....	12
Chapter #4 – Anatomy of a Binge.....	17
Chapter #5 - Your Intuitive Body	24
Chapter #6 – Weight of the World	26
Chapter #7 - Writing Will Save You!	28
Chapter #8 - Journal Idea: Saying Goodbye	34
Chapter #9 - Moving Out the Energy.....	36
Chapter #10 - Victim Consciousness	41
Chapter #11 - Playsheet: Victim Consciousness.....	47
Chapter #12 - Over-nurturing Leads to Overeating	48
Chapter #13 - Stop Comparing	50
Chapter #14 - Are you Addicted to Perfectionism?.....	53
Chapter #16 - Begin Your Day with Rituals.....	58
Chapter #17 - Creating “Sacred Space”	60
Chapter #18 - Creating Your Vision: The Future Template	63
Chapter #19 – Create Your Vision – Extra Credit Playsheet – Your Glorious Success	70
Chapter #20 - Affirmations: The Power of Your Spoken Word	71
Chapter #21 - How Being Grounded Can Make You Lighter	73
Chapter #22 - Speaking Your Truth: Finding Your True Voice	75
Chapter #23 - Speaking Your Truth Playsheet.....	78
Chapter #24 - Creating Your Divine Identity	81
Chapter #25 - Learning to Pivot!	83
Chapter #26 - Pleasure is Delicious!	84
Chapter #27 – Pleasure is Delicious – Playsheet	88

Recovering Beauty

Chapter #28 - The Next Right Thing	89
Chapter #29 - Nighttime Rituals – Playsheet.....	90
Chapter #30 - Emergency Escape Plan	91
Chapter #31 - Keep Your Sanity, Stay “In the Day”	94
Chapter #32 - Plan of Nourishment.....	96
Chapter #33 - Allowing Feelings To Emerge.....	108
Chapter 34 - Allowing Feelings To Emerge: Some Ideas To Journal About.....	112
Chapter 35 - All You Need is Love	113
PLAYSHEET	118
Chapter 36 - My Wish For You.....	119