



Skinny Thinking Workbook: Five Minutes a Day to Permanently Heal Your Relationship with Food, Weight & Your Body

Laura Katleman-Prue

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The Skinny Thinking Workbook is an adjunct, a personal food journey diary to support you as you learn about the Five Steps in the Skinny Thinking and Skinny Thinking for Men books. For the quickest path to recovery, do the exercises while you're reading either Skinny Thinking or Lean Thinking for Men.

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