



At Peace with Food

Leeann Simons MS

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Reading *At Peace With Food* starts you on a journey involving the development of a new relationship between you and the food you eat. Instead of being marked by frustration and disappointment, by fear and competition, you learn how to place food as only one of the many activities in your life, including being with family, friends, working and being active. And, like these activities, it will be enjoyable. For many, though, the journey doesn't end, it is always evolving. Like all relationships, this one took time to develop, and it will take time to change. But you know about the ups and downs of relationships, learning how to work things out-these are the relationships that usually last! Let's begin

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