



Mindful Eating

PSYCHODIETETIC PROGRAMME

Authors:
Katarzyna Wojtkowska
Julia Barlińska

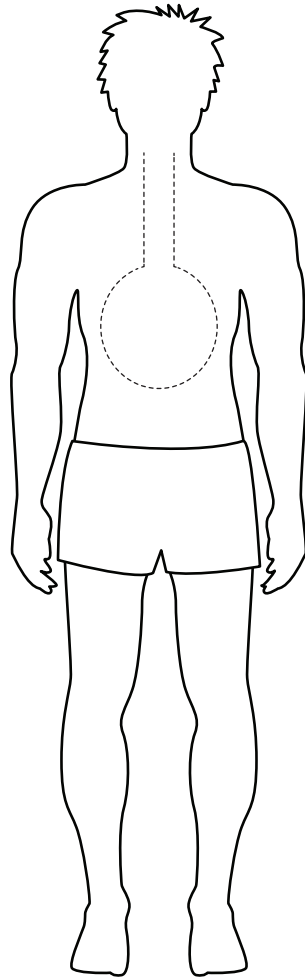
Adapted by:
Tess Capper
Michelle McKinley
Jayne Woodside



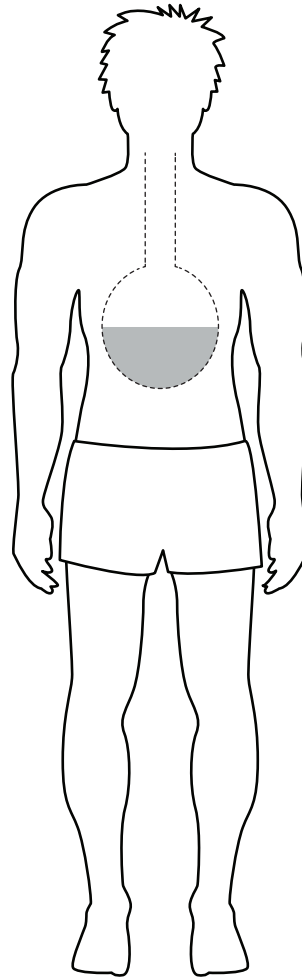
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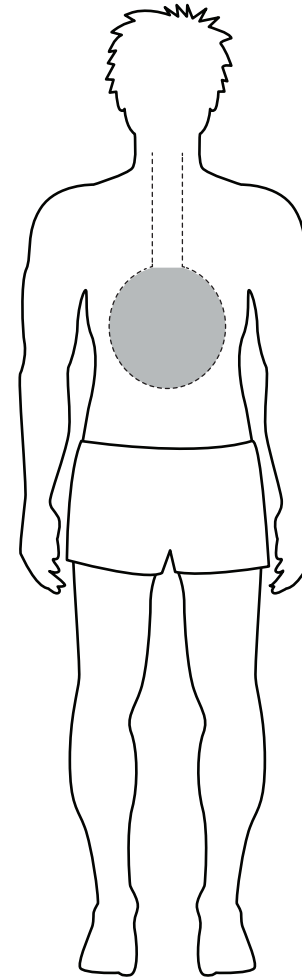
How do you feel?



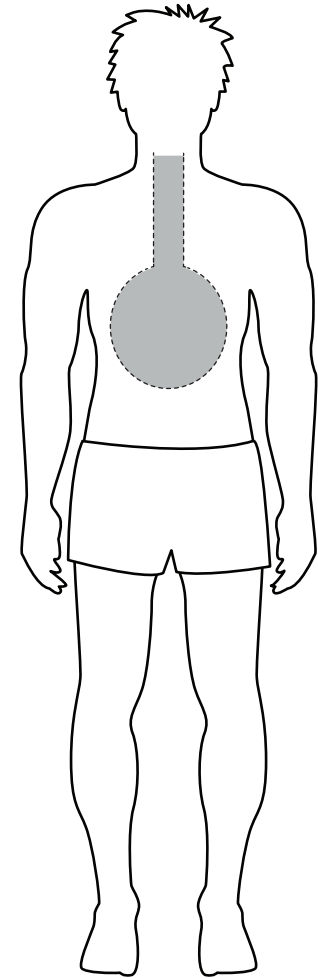
I'm hungry.



I'm half full.



I'm full.



I'm too full.