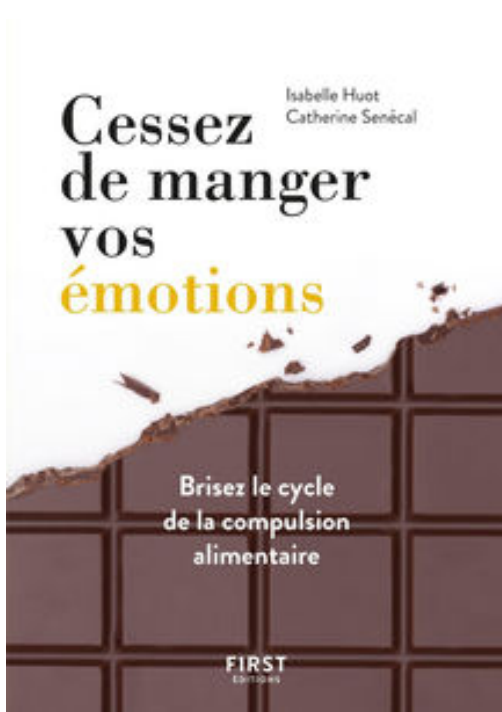


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Isabelle Huot et Catherine Senécal vous proposent de faire la paix avec votre corps et de transformer votre relation avec la nourriture, pour enfin vous libérer du cycle de la compulsion alimentaire. Fortes d'une grande expérience, elles ont développé des exercices, des astuces et des outils pratiques qui ont fait leurs preuves. En repensant votre rapport aux aliments, en renouant avec les signaux naturels de votre corps et en modifiant les pensées qui génèrent de l'anxiété,

vous retrouverez enfin le bien-être que vous méritez tant !

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