



# Raw Emotions

*Angela Stokes*

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## **Raw Emotions** Angela Stokes

"RAW EMOTIONS" looks at what can bring the weight on - and it's not just food ;) Raw Emotions goes beyond the physical, to examine the emotional and spiritual factors that contribute to our eating patterns...and gives you PRACTICAL, solid insights into how to create LASTING CHANGE :) Whatever your current relationship with food looks like, RAW EMOTIONS, has something to offer you. You'll learn ways to: understand YOUR emotional connections with food release patterns that no longer serve you examine your history with eating AND create your optimal vision for yourself re-connect authentically with your emotions address cravings and let go of overeating choose inspiring activities and resources to keep on track find balance in your food choices and lifestyle feel more connected, loving and joyful

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