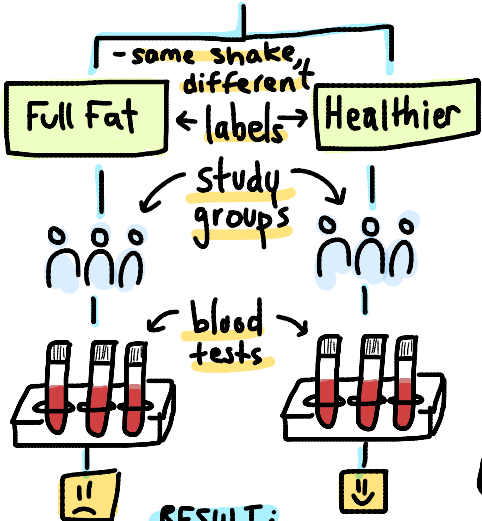


# Let S.A.S.S.Y to Eat Happy!

SIMPLE ACTION STEPS =

## MIND OVER MILKSHAKES

Sherry Lee White



It is better to dine on fries and shakes with joy and thanks than on greens and sprouts with worry and doubts.

PROGRESS NOT PERFECTION

BODY REACTED DIFFERENTLY BASED ON PERCEPTION / BELIEF



NOT JUST ABOUT WHAT WE EAT, BUT HOW & WHO WE EAT WITH & HOW WE THINK ABOUT FOOD.



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