

**Abraham, Terri MS, LPC, NCC, MAC**

Description:

Do you wish you could stop thinking about food all the time?

Do you feel ashamed and defeated when you can't stop eating?

My name is Terri Abraham and I'd like to help you learn to use mindfulness-based techniques to help you understand the power behind your urges to eat, learn to distinguish between physical and emotional hunger, learn new skills to deal with your feelings, and stop feeling bad about yourself and your food.

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