

THE PLEASURE PRINCIPLE

Video One

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3

PRINCIPLE #6 DISCOVER THE SATISFACTION FACTOR

4

5

“ When you eat what you really want,
in an environment that is inviting, the
pleasure you derive will be a powerful
force in helping you feel satisfied and
content.

-Tribole & Resch

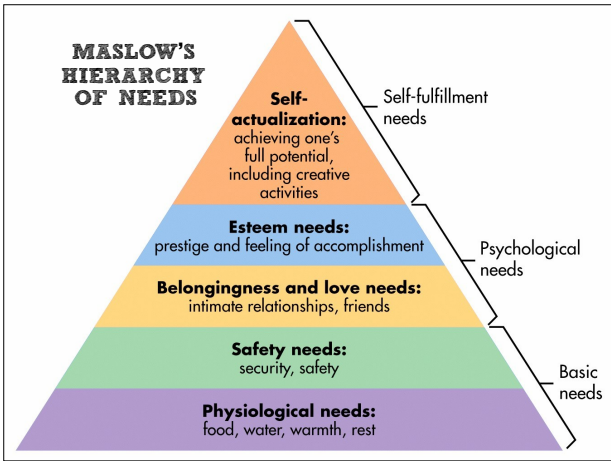
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- Honor Your Hunger
- Make Peace with Food
- Challenge the Food Police
- Feel Your Fullness

Satisfaction

- Cope with Your Emotions
- Respect Your Body
- Exercise-Feel the Difference
- Honor Your Health

7



8

“ Cravings become less strong if we have access to a food.

Up Next



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**EMOTIONAL
EATING**

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25
