

10-day Back On Track Program

LIFe-Lose It Forever group coaching membership

Free dietitian-approved grocery list

**Emotional Eating Support Group replay** 

Eat What You Love, Love What You Eat by Michelle May, MD

The Intuitive Eating Workbook by Evelyn Tribole & Elyse Resch

Women Food and God by Geneen Roth

Life Without Ed by Jenni Schaefer

**Bariatric Surgery Journal** by Maggie Hills

Multivitamin Once daily bariatric multivitamin capsule or chewable

> Use coupon code LIFE for 10% off!



## **Dietitian Connection**

Weight Loss: Treating the mind and the body with Psychologist Glenn Mackintosh author of Thinsanity

## **BariNation**

Consistency is Key with @katie.vsg

## Our Sleeved Life Podcast

Healthy Mindset Through Trauma and Regain After WLS with @losingtoblooming

FOR MORE







