

My SANEity

If “just tell me what to eat” worked, I would be “eating it” already.

If counting calories & points worked, I would be “thin” already.

If trying to be perfect worked, I would be “perfect” already.

If quick-fixes worked, I would be “fixed” already.

So what works?

Well...What *haven't* I tried yet?

Courageous consistency?

Unconditional self-love?

Calm patience?

SANE eating?

THAT is what works.

To achieve a different result, I will take a different approach.

Living SANE works. It will. It is proven biology.

So I will give myself the courageous consistency, unconditional self-love, calm patience, and proven SANEity I deserve!

And with 6 months of patient, consistent, and self-loving SANEity, I will permanently enjoy the energy, body, health, and happiness of my dreams!

I will be SANE :)

SANE™