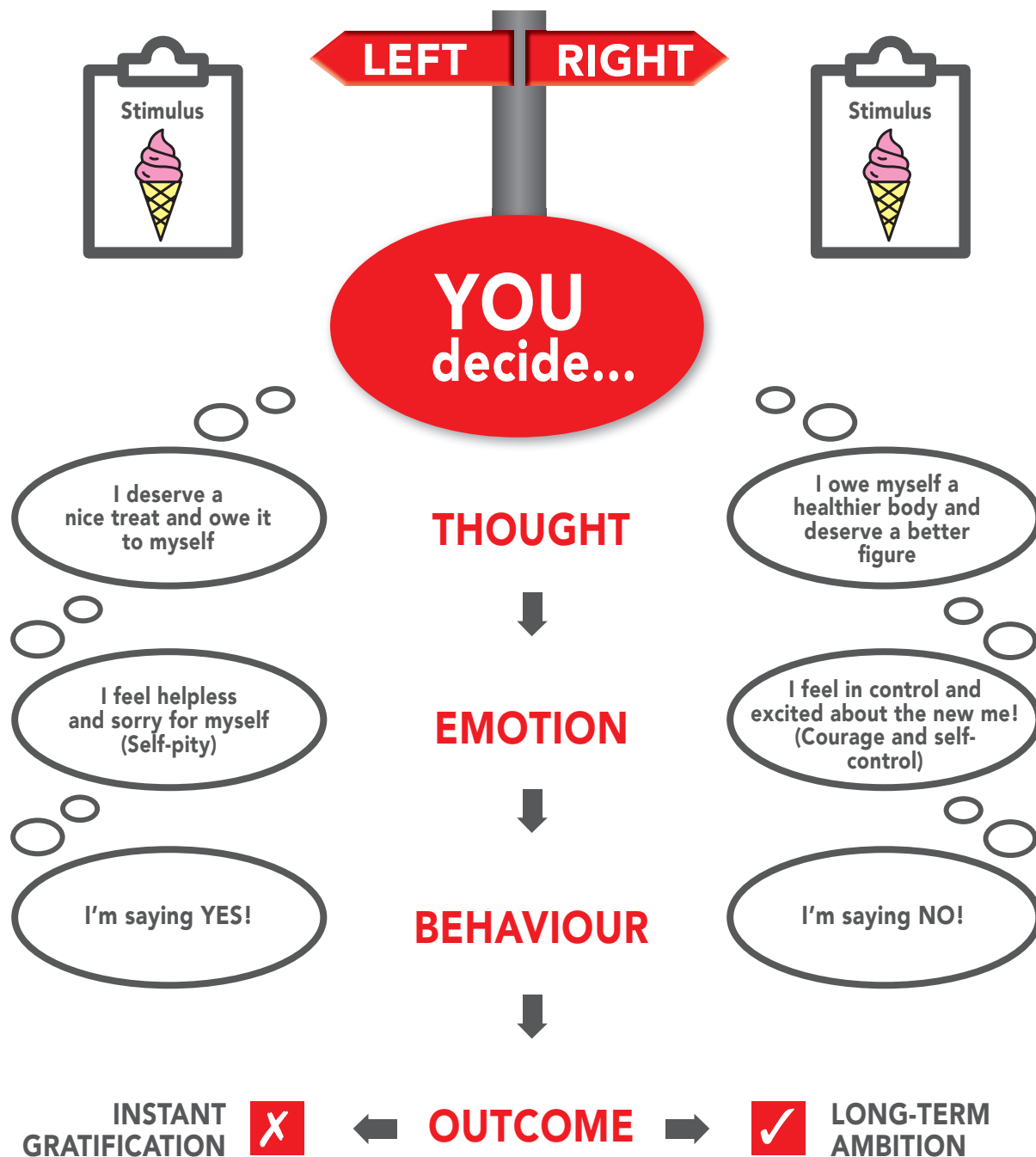


**MAKE IT EASIER TO STICK TO A DIET BY CHALLENGING YOUR OWN THOUGHTS**

**Why?** you have been programmed to always eat more than you need.  
 You need to re-programme this habit.



**Stick this against your bathroom door**