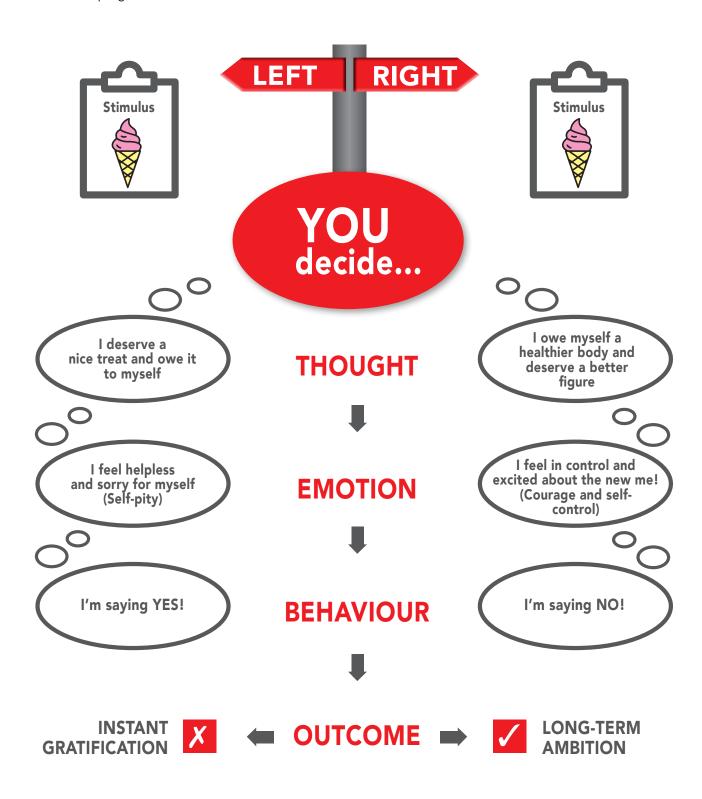
MAKE IT EASIER TO STICK TO A DIET BY CHALLENGING YOUR OWN THOUGHTS

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

