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Approach To Self-Acceptance And Healing By Mary
O'Malley**



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My Favorite “How To” Books for Intuitive Eating You Need to Know Before Starting Your Next Diet by Edward Abramson; The Gift of Our Compulsions: A Revolutionary Approach to Self-Acceptance and Healing by Mary O'Malley; Losing It In France by Sally Asher; The Self-Compassion Diet by Jean Fain

Inspiration - kim harper coaching

Unwinding the Belly, Healing with Gentle Touch – Allison Post (learning to have a The Gift of Our Compulsions: A Revolutionary Approach to Self Acceptance

Food vitality coaching - additional resources

Ph.D. Marc David – a) “Nourishing Wisdom – A mind-Body Approach to “The Gift of Our Compulsions” – a Revolutionary Approach to Self acceptance and calm, happy skin” by Adina Grigore; “Coming to Our Senses” – Healing ourselves

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Mary O'Malley is a speaker and the author of Belonging to Life: The Journey of Awakening, The Gift of Our Compulsions: a Revolutionary Approach to Self Acceptance and Healing, The Magical Forest

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She is the author of "Belonging to Life: The Journey of Awakening," "The Gift of Our Compulsions: a Revolutionary Approach to Self Acceptance and Healing,"

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