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also doesn't assume that this is easy, or that it happens all at once. Finding your own path to sanity takes trial and error, and time and attention, given the world we live in—the world of fast food, fake food, 300,000 diet books, and 1,400-calorie burgers.

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A Note of Introduction From
Terese Weinstein Katz, MFT, PhD:
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how much people struggle to eat well and stay fit. My career as a clinical psychologist has spanned over 20 years.

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Breakfast (include whole grains
and protein) Lunch (include whole
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fruit-bring from home) Afternoon

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