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embody: Learning to Love Your Unique Body (and quiet that critical voice!) Paperback – June 10, 2014. by. Connie Sobczak (Author) › Visit Amazon's Connie Sobczak Page.

embody: Learning to Love Your Unique Body (and quiet that ... It takes practice and conscious awareness to experience life through a Body Positive lens. After awhile, however, you ' ll realize you ' ve fully embodied the competencies, and it feels natural to love yourself and care for your body from a place of trust. You will become the ultimate authority of your body and your life.

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Embody: A Guide to Celebrating Your Unique Body (and quieting that critical voice!) brings to life the work of The Body Positive, a non-profit organization founded in 1996 by Connie Sobczak and Elizabeth Scott, LCSW. This books message is rooted in the philosophy that people inherently possess the wisdom necessary to make healthy choices and to live in balance.

embody: Learning to Love Your Unique Body by Connie Sobczak
<p></p> <i>Embody</i> guides readers step by step through five core competencies:
- Reclaim Health
- Practice Intuitive Self-Care
- Cultivate Self-Love
- Declare Your Own Authentic Beauty
- Build Community

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Anyone can practice these fundamental skills on a daily basis to honor their innate wisdom and take good care of their whole selves, and research indicates that this work significantly improves people's ability to regulate eating, decreases depression ...

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embodiment, Learning to Love Your Unique Body (and quiet that ... Go for a walk outside without distractions – feel the wind on your face, notice the smells, and be aware of the crunching leaves beneath you. Do a 5 senses inventory – pick out your favorite scented candle or perfume and take in the aroma. View nature. Eat your most delicious foods that you love and savor every bite.

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