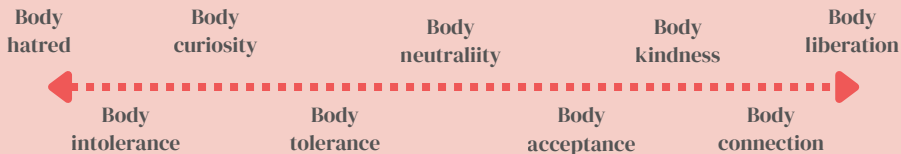




THE BODY RELATIONSHIP CONTINUUM



The goal is not to move from body hatred to body liberation, but to recognize that our relationship with our body exists on a continuum. Working on moving just one space, will decrease preoccupation and distraction, resulting in the ability to focus your time and effort elsewhere.