

[TROUBLE VIEWING?](#) Click Here to view the Promo card on the web

[SIGN-UP NOW!](#) Click to become a Member for Free!



### Inspired Journeys: Overcoming Adversity and Thriving

Archives Available

**August 20th 2013: Making Peace with Food and Your Body**

In this hour, you will learn about the difference between compulsive and intuitive eating, how to let go of dieting and reach a place of genuine acceptance about your body. If you are like countless others who struggle with issues related to food and body image, our guest will offer you concrete and effective strategies to help free you from the cycle of “yo-yo” dieting and bingeing, and the unnecessary guilt that comes from labeling foods as “good” or “bad,” “safe “ or “unsafe.” We will explore how to eat more consciously, while truly savoring the experience of enjoying food without using it

[Read more](#)



### Tune in

Archives Available on  
VoiceAmerica Health and  
Wellness Channel

EPISODE ON DEMAND

VIEW HOST PAGE

### Featured Guest



#### Barbara L. Holtzman, MSW

Barbara is a psychotherapist, hypnotherapist, and lifestyle coach in Providence and Wakefield, RI where she sees adults who struggle with emotional eating and weight issues.

[Read more](#)

### Share This Episode



### Connect with VoiceAmerica

Download our mobile apps



Read what our hosts are writing about.

