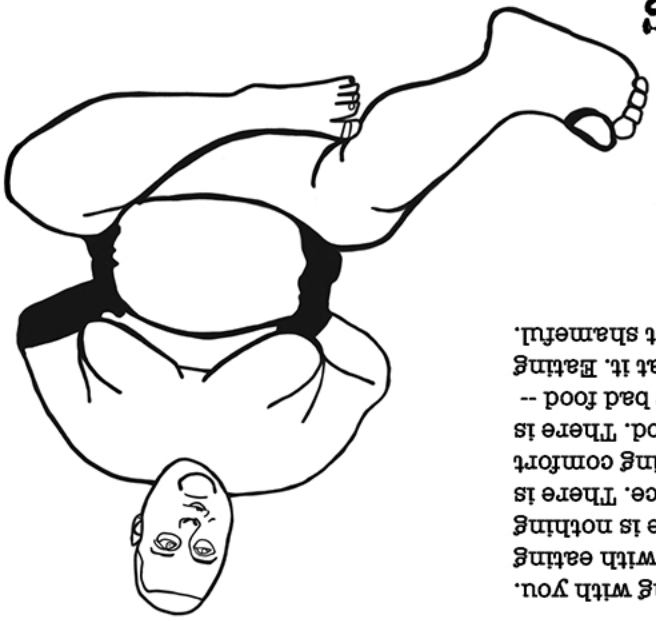


NOTHING IS WRONG WITH YOU.

THERE IS



There is nothing wrong with you. There is nothing wrong with eating what you crave. There is nothing wrong with indulgence. There is nothing wrong with finding comfort and celebration in food. There is no good food or bad food -- just food. Eat it. Eating is not shameful.



#2
THAT
IS
ALL.



NO APOLOGIES
VERONICA LETO
2020(1?1?)

RULE
S FOR
THE F
UTUR
E. . .

#1
EAT
WHAT
YOU
WANT.

