



**Experience Body Freedom: How to get the Body
and Shape of Your Dreams without Dieting,
Overexercising, Restriction or Control.: How to get
the Body and Shape of Your Dreams without
Dieting**

Tali Purkerson

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After Surviving a battle with Anorexia, and conversely ballooning up to a couple hundred lbs, Tali Talks about the top Tips to heal your relationship to emotional eating, to food, to control and to over or under exercising. Create freedom in your body finally, so you can go with self trust in creating the body, feelings, self confidence that you desire.

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