

Download Full Lives : Women Who Have Freed Themselves From Food And Weight Obsession

Yahoo Lifestyle is your source for style, beauty, and wellness, including health, inspiring stories, and the latest fashion trends. The subscription details associated with this account need to be updated. Please update your billing details here to continue enjoying your subscription. The Program. Are you tired of the same old messages about food, nutrition and health? Are you interested in letting go of the inner struggle around body image and weight? Wasna is a 24-year-old mother of three. After being abused by her husband and trying several times to formally divorce him (a request which the local courts denied), she boldly left him, despite threats from him and even from her own family.