



Full-Filled: The 6-Week Weight-Loss Plan for Changing Your Relationship with Food-and Your Life-from the Inside Out

Renée Stephens, Samantha Rose

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Through her Inside Out Weight Loss program and seminars, along with podcasts downloaded more than 3 million times, Renée Stephens has helped countless people free themselves from emotional eating to achieve the body and life they've always desired. Now, in her first book, she shares the breakthrough lessons of her popular work and develops them into a complete, step-by-step program: *Full-Filled: The 6-Week Weight-Loss Plan for Changing Your Relationship with Food—and Your Life—from the Inside Out*.

With *Full-Filled*, you will gain *freedom* from dieting as you use some of the world's most advanced mind and behavior-changing techniques. An intuitive and easy weight-loss program, *Full-Filled* will open the door to bigger transformations in your life. Not only will you drop excess physical pounds with Renée's expert guidance, you will get to the root of why you eat and you will lose your *spiritual* weight—by identifying *why* you eat the way you do and finding better ways to satisfy your true hunger without food.

A former food addict, Stephens is a leading weight-loss coach who works with women and men who have spent years trying to free themselves from their weight struggle and to regain control of their lives. *Women, Food and God* led millions to spiritual insights; *Full-Filled* turns those insights into practical steps in an easy-to-follow program that will permanently change how you think about and behave around food.

The *Full-Filled* program will identify and heal your underlying food issues and provide you with the specific tools to create new habits that will make you slim and healthy for a lifetime. This isn't about what foods you should and shouldn't eat (although Renée does share some of her favorite recipes to make weight loss happen faster and easier). Filled with personal success stories and a whole bag of transformative tips and tricks, *Full-Filled* will set you up for significant weight loss and provide the no-fail techniques for keeping the pounds off permanently.

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