

Yoga is only one piece of your health puzzle.

Take your health to the next level with

Eating Psychology Coaching.

A revolutionary approach to health & wellness that will transform your life.

Book a **FREE** 15 minute consultation with
Hope Griffin to find out how she can help you
optimize your diet and lifestyle .

E-mail hope.embodied@gmail.com

For more info visit:

[https://www.innerstrengthstudios.com/eating-
psychology-coaching/](https://www.innerstrengthstudios.com/eating-psychology-coaching/)



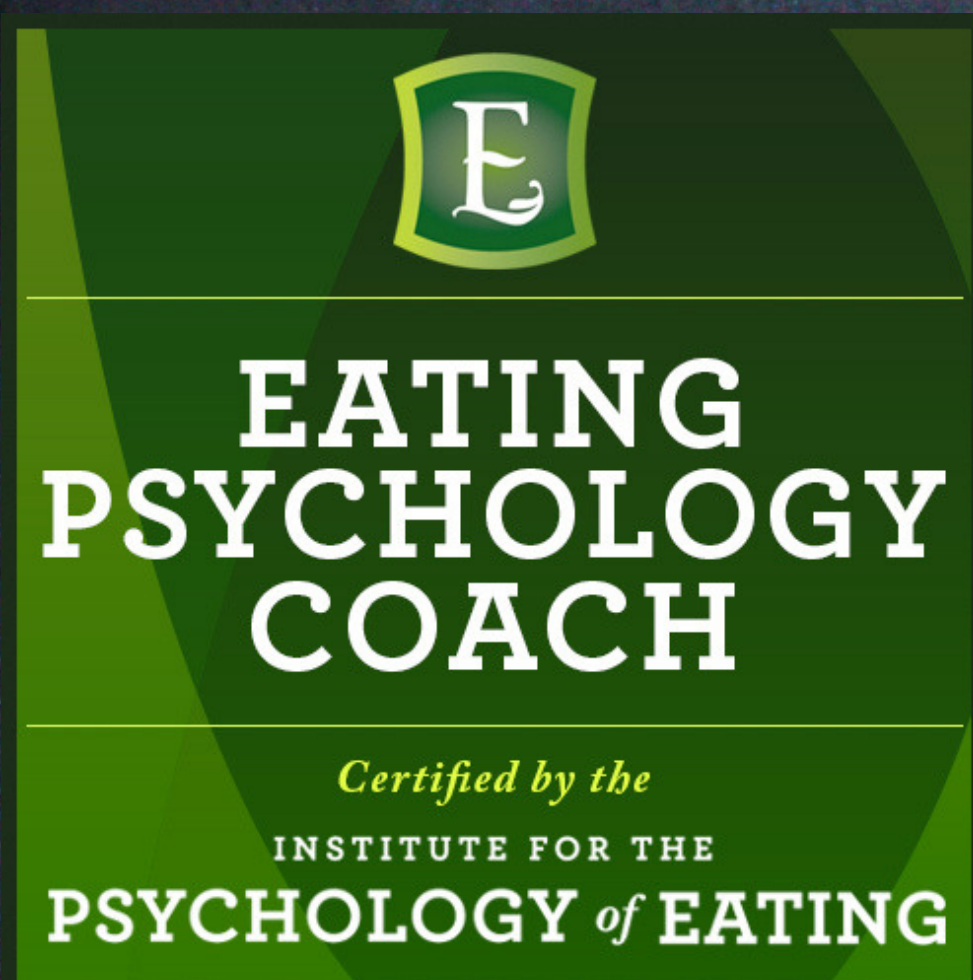
**EATING
PSYCHOLOGY
COACH**

Certified by the
INSTITUTE FOR THE

PSYCHOLOGY of EATING

*Sick of eating **less** and working out **more**?
Tired of trying every new diet fad **without**
achieving lasting results?
Want to OPTIMIZE your health through
strategies that NOURISH instead of PUNISH?*

Then sign up for a **FREE** 15 minute
consultation with Inner Strength's own
Eating Psychology Coach, **Hope Griffin**.



Using a revolutionary approach to health and wellness, Hope helps her clients transform their lives, not just their diets.

E-mail hope.embodied@gmail.com to set up
your free consultation and visit
[https://www.innerstrengthstudios.com/eating-
psychology-coaching/](https://www.innerstrengthstudios.com/eating-psychology-coaching/)
for more info.