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remember that I have an incurable
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Anonymous 12 & 12, please read pages
1 - 7. An excerpt is below.

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book. Nov 12, 2013. Session 12 - STEP 12
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Andrea Wachter, LMFT, is coauthor of The Don't Diet, Live-It! Workbook and Mirror, Mirror on the Wall: Breaking the "I Feel Fat" Spell. She has over twenty-five years of experience working with children, teens, adults, families, and groups. Wachter is passionate about helping people who are struggling with eating disorders, body image, substance abuse, depression, anxiety, grief, and ...