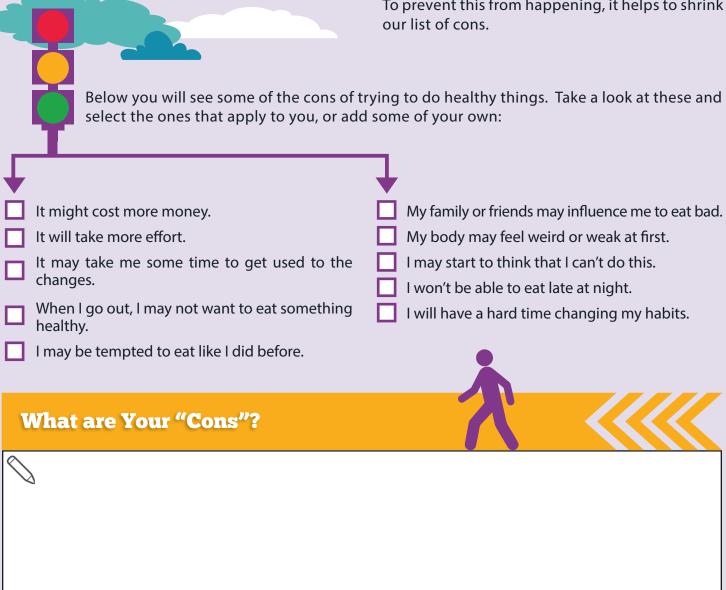
## Contemplation

Talk Down the Negative, part 1

Just like there are pros of trying to do healthy things, you will probably find that there are also cons. Sometimes the cons can become so strong that it seems like changing is too difficult. When we think about the cons too often, we can end up feeling mixed up, confused, or discouraged. To prevent this from happening, it helps to shrink our list of cons.





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