TEMPLATE 4 USING WHAT OTHERS ARE SAYING

“I was browsing the web the other day and came across this excellent post (by Andie Mitchell she says if you’ve been on a binge then you can get depressed and end up have ‘do nothing’ days she says getting back to ‘do something’ days can sometimes mean starting with just a little thing, even just taking a shower might be the most you can manage but at least you will have accomplished something.)

That can be good advice, and I know I have seen clients who feel like this, But it misses something (or I would add in something). Often you just have to get on with things. So I would say (add your advice)

You can read more from (Andie on this subject at http://www.andiemitchell.com/2015/08/13/help-for-binge-eating-eliminate-nothing-days/). Thanks for raising this (Andie) we all know how days like that can feel