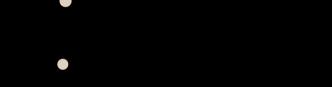
## elizabeth's go-to's

client referrals/micro therapy



disordered eating-wellness coaching + nutrition therapy

coffee-humble grounds (katy) siphon(houston)

local sneakers-nike (city centre) stockx/goat(online)

self care micro therapy-spa at bella piazza/sweet three

women's recovery (dv/substance use)-4ever4given

brainspotting-krissy white

