

Breanna >

Thank you. I wanted to tell you, even though our time together was so unbelievably hard for me, what you said about my "eating disorder mindset" shined such a light on things and it really pivoted my healing in a beautiful direction. I was finally able to acknowledge it fully. I was angry but I saw through the anger and accepted it. I've made many changes to support my healing and I'd like to share this with you....one moment.

I know it's my body hahah hope you're not bothered by that. But I've been gaining weight AND muscle and am healthier than I've been in a very long time!

Again thank you for our time. ❤️

