

*Going Beyond The Food Show*

## PODCAST ROADMAP



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WITH HOST *Stephanie Dodier*



### **1. Episode #286 - You didn't failed. Diets Failed You.**

Why are we so obsessed with being thinner, always trying to fix ourselves and never feeling good enough. Two words: The Good Girl Syndrome.

### **2. EPISODE #257- Eating Normally**

We've lost touch with our innate ability to eat normally. We can reclaim our power and relearn to trust our body with intuitive eating.

### **3. EPISODE #284 - Diet Brain**

Over the repeated failure of diets we change our ways of thinking about food, exercise and our body image. Mindset work is the key to any sustainable transformation.

### **4. EPISODE #255 - Body Neutrality**

Body Neutrality focuses on avoiding self-hate while simultaneously relieving you from the pressure of having to love your body. It's the path towards body respect.

### **5. EPISODE 264 - Health Goals**

What we think health is may not actually be healthy. Health is available beyond dieting and weight loss.