



# **Health and Fitness Diet & Nutrition Diets Weight Loss: Weight Management: Think and Grow Thin? (Eating Disorders, Controlling Over-Eating Thoughts)**

*Clayton Redfield MA/Psych/CMHC*

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The Five Minute Journal for any Behavior Change was created over years of private and public practice using proven elements of positive psychology and a very simple self-administered cognitive therapeutic technique that can make all the difference in an individual's quality of life.

**WHY I LOVE "THE FIVE MINUTE CHANGE":**

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3. It's built on proven principles developed for the treatment of tough, ingrained criminal and addictive behaviors and now found to work on serious as well as everyday behavior change challenges.

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