

**Skinny Thinking: Five Revolutionary Steps To
Permanently Heal Your Relationship With Food,
Weight, And Your Body By Laura Katleman-Prue**



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Apr 14, 2010 Laura Katleman-Prue discusses *Skinny Thinking* and her 5 Revolutionary steps to going on a Thought Diet on the 10! show on WNBC on- April 14, 2010

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Nov 16, 2009 Laura Katleman-Prue author of the book, Skinny Thinking, summarizes The Five Steps that comprise the core of the program:

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