



Dear Daughter,

I want you to live with confidence. I want you to be comfortable and secure in the wonderful person that you are.

So starting now, I promise to never use the word *dieting* again. It's a hurtful word, one that I've given too much power to already.

Instead, I promise to use words like carefree, healthy, strong, nourished, and amazing.

I will end the word *dieting* for you. Because I want you to be happy.

And I never want that word to come between you and me.

Love,
Mom