

Good Decisions, Inc.



Finally FreeTM
Good Decisions

Organization Information

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<https://finallyfreeworkshops.com/>

Organization Profile/Description

Finally Free uses food as a platform for self discovery. We do this by teaching intuitive eating workshops. While this may sound woo woo it's really not. I mean, who would you be beyond emotional eating? What would you discover about yourself beyond the negative thoughts or limiting beliefs your mind thrashes you with? What would you realize?

Our goal? To help one million people make peace with food and their bodies and evolve the way we relate to food.

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Brochure

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