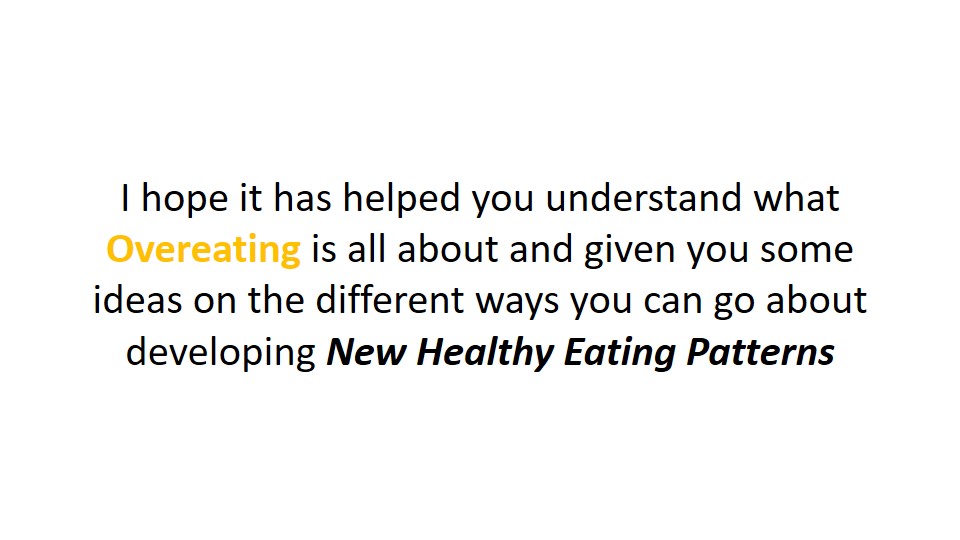
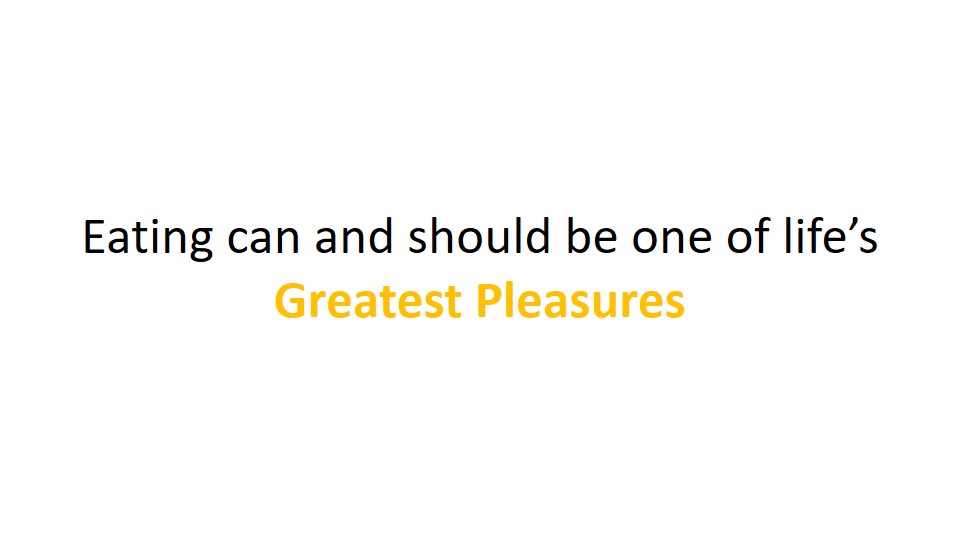
# Conclusion



**S1**: Pause for 3 seconds



**S2**: That brings us to the end of this video course! I hope it has helped you understand what overeating is all about and given you some ideas on the different ways you can go about developing new healthy eating patterns.



**S3**: Eating can and should be one of life’s greatest pleasures, from growing or finding your food to preparing it, cooking it and finally savoring the fruits of your labors.

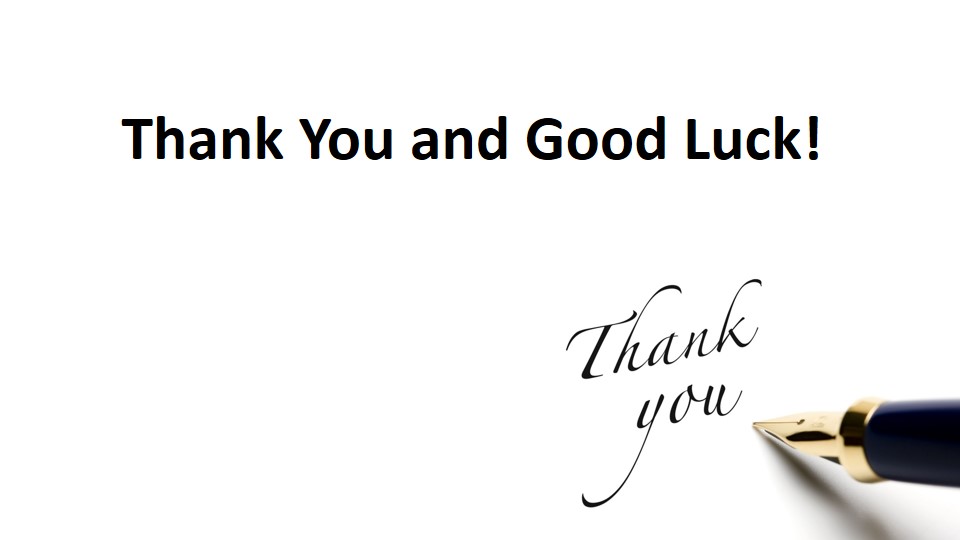


**S4:** Rather than just rushing into a fast-food place and grabbing whatever to devour.

I sincerely hope that you found this video course useful.



**S5:** I wish you all the best in this journey towards developing new healthy eating patterns.



**S6:** Thank you and good luck!