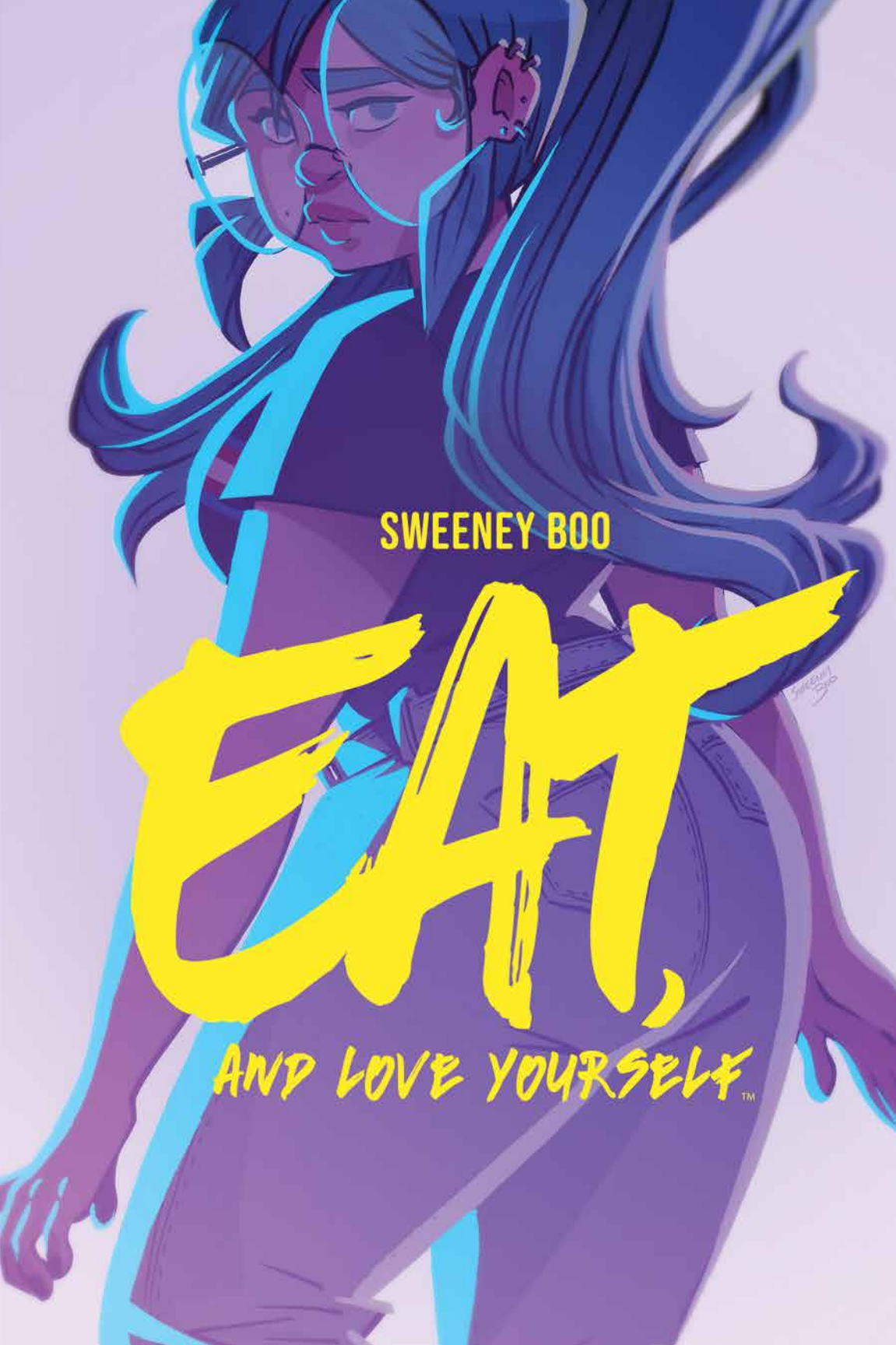




SWEENEY BOO

EAT

AND LOVE YOURSELF™



SWEENEY BOO

EAT

AND LOVE YOURSELF™

BOOM!  
BOX™

**EAT, AND LOVE YOURSELF**  
MILK CHOCOLATE

**YOU  
MATTER**  
3 OZ. | 85 G MILK CHOCOLATE

**YOU ARE  
WORTHY OF  
LOVE**

Designer

**Marie Krupina**

Associate Editor

**Sophie Philips-Roberts**

Editor

**Shannon Watters**

**Ross Richie**..... CEO & Founder  
**Joy Huffman**..... CFO  
**Matt Gagnon**..... Editor-in-Chief  
**Filip Sablik**..... President, Publishing & Marketing  
**Stephen Christy**..... President, Development  
**Lance Kreiter**..... Vice President, Licensing & Merchandising  
**Arune Singh**..... Vice President, Marketing  
**Bryce Carlson**..... Vice President, Editorial & Creative Strategy  
**Scott Newman**..... Manager, Production Design  
**Kate Henning**..... Manager, Operations  
**Spencer Simpson**..... Manager, Sales  
**Elyse Strandberg**..... Manager, Finance  
**Sierra Hahn**..... Executive Editor  
**Jeanine Schaefer**..... Executive Editor  
**Dafna Pleban**..... Senior Editor  
**Shannon Watters**..... Senior Editor  
**Eric Harburn**..... Senior Editor  
**Matthew Levine**..... Editor  
**Sophie Philips-Roberts**..... Associate Editor  
**Amanda LaFranco**..... Associate Editor  
**Jonathan Manning**..... Associate Editor

**Gavin Gronenthal**..... Assistant Editor  
**Gwen Waller**..... Assistant Editor  
**Allyson Gronowitz**..... Assistant Editor  
**Jillian Crab**..... Design Coordinator  
**Michelle Ankley**..... Design Coordinator  
**Marie Krupina**..... Production Designer  
**Grace Park**..... Production Designer  
**Chelsea Roberts**..... Production Design Assistant  
**Samantha Knapp**..... Production Design Assistant  
**José Meza**..... Live Events Lead  
**Stephanie Hocutt**..... Digital Marketing Lead  
**Esther Kim**..... Marketing Coordinator  
**Cat O'Grady**..... Digital Marketing Coordinator  
**Amanda Lawson**..... Marketing Assistant  
**Holly Aitchison**..... Digital Sales Coordinator  
**Morgan Perry**..... Retail Sales Coordinator  
**Megan Christopher**..... Operations Coordinator  
**Rodrigo Hernandez**..... Mailroom Assistant  
**Zipporah Smith**..... Operations Assistant  
**Sabrina Lesin**..... Accounting Assistant  
**Breanna Sarpy**..... Executive Assistant

**BOOM! BOX™**

**EAT, AND LOVE YOURSELF, April 2020.** Published by BOOM! Box, a division of Boom Entertainment, Inc. Eat & Love Yourself is ™ & © 2020 Cécilia Dupuy. All rights reserved. BOOM! Box™ and the BOOM! Box logo are trademarks of Boom Entertainment, Inc., registered in various countries and categories. All characters, events, and institutions depicted herein are fictional. Any similarity between any of the names, characters, persons, events, and/or institutions in this publication to actual names, characters, and persons, whether living or dead, events, and/or institutions is unintended and purely coincidental. BOOM! Box does not read or accept unsolicited submissions of ideas, stories, or artwork.

BOOM! Studios, 5670 Wilshire Boulevard, Suite 400, Los Angeles, CA 90036-5679. Printed in China. First Printing.

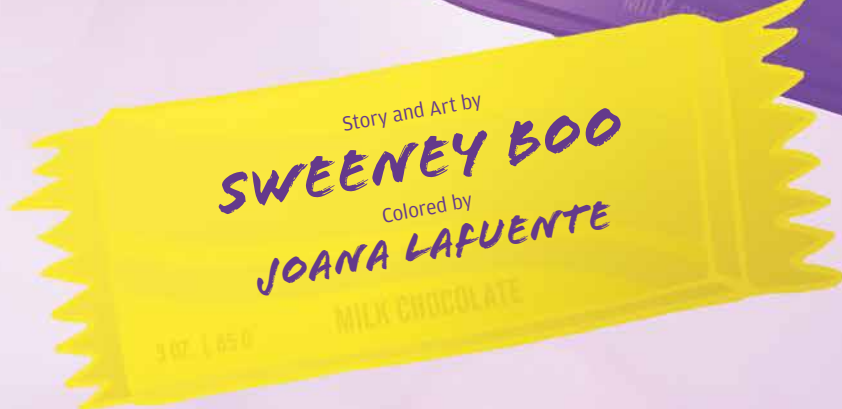
ISBN: 978-1-68415-506-4, eISBN: 978-1-64144-664-8



DEDICATED TO EVERYONE WHO  
STRUGGLES TO LOVE THEMSELVES.  
YOU ARE BEAUTIFUL.  
—S.B.











HOW DO THESE  
THINGS HAPPEN?



I MEAN, DO  
YOU EVER  
WONDER?



THERE YOU ARE, LIVING  
YOUR LIFE, WHEN ALL  
OF A SUDDEN, THE  
WEIGHT OF THE WORLD  
DROPS ON YOUR  
SHOULDERS WITHOUT  
A WORD OF WARNING.



LIKE WHEN YOU  
WERE FIVE, AND  
THAT SCOOP OF  
FRENCH VANILLA  
ICE CREAM--ALL  
MELTY FROM THE  
SUN--WOUND UP  
ON THE SIDEWALK,  
BECAUSE YOU  
WEREN'T EATING  
FAST ENOUGH.





I KNOW WHAT YOU'RE  
THINKING RIGHT NOW.  
WHAT THE HELL IS SHE  
TALKING ABOUT?

WELL, IF I KNEW, I  
WOULDN'T BE TRYING TO  
SORT ALL OF THIS OUT  
WITH YOU RIGHT NOW.







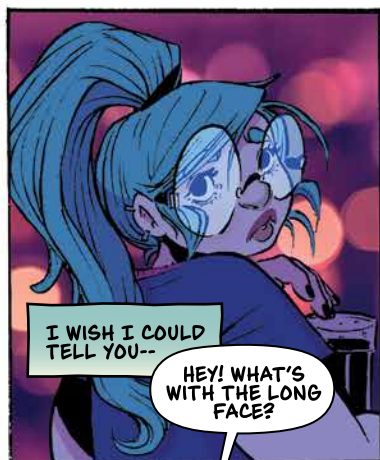
THE POINT I'M TRYING TO  
MAKE IS...THERE'S ALWAYS  
A MOMENT WHEN YOU  
BECOME AWARE OF WHO  
YOU ARE, AND IT HURTS.

REALLY BAD.



BECAUSE YOU'RE NOT  
ALWAYS THE PERSON  
YOU IMAGINED YOU WERE.

SOMETIMES, YOU'RE  
PRETTY FAR OFF  
THE MARK.







IS YOUR FRIEND COMING, TOO?

C'MON, MINDY! YOU HEARD ALI! GET OUT HERE!



GO AHEAD. I'LL JOIN YOU WHEN I FINISH MY DRINK.



GRAB!



OH NO, YOU'RE NOT PULLING THAT CRAP AGAIN! COME ON AND SHAKE YOUR BOOTY WITH US! YOU NEED IT!

HEEEY!



THE DANCING QUEEN IS IN THE HOUSE! BUCKLE UP, BOYS!



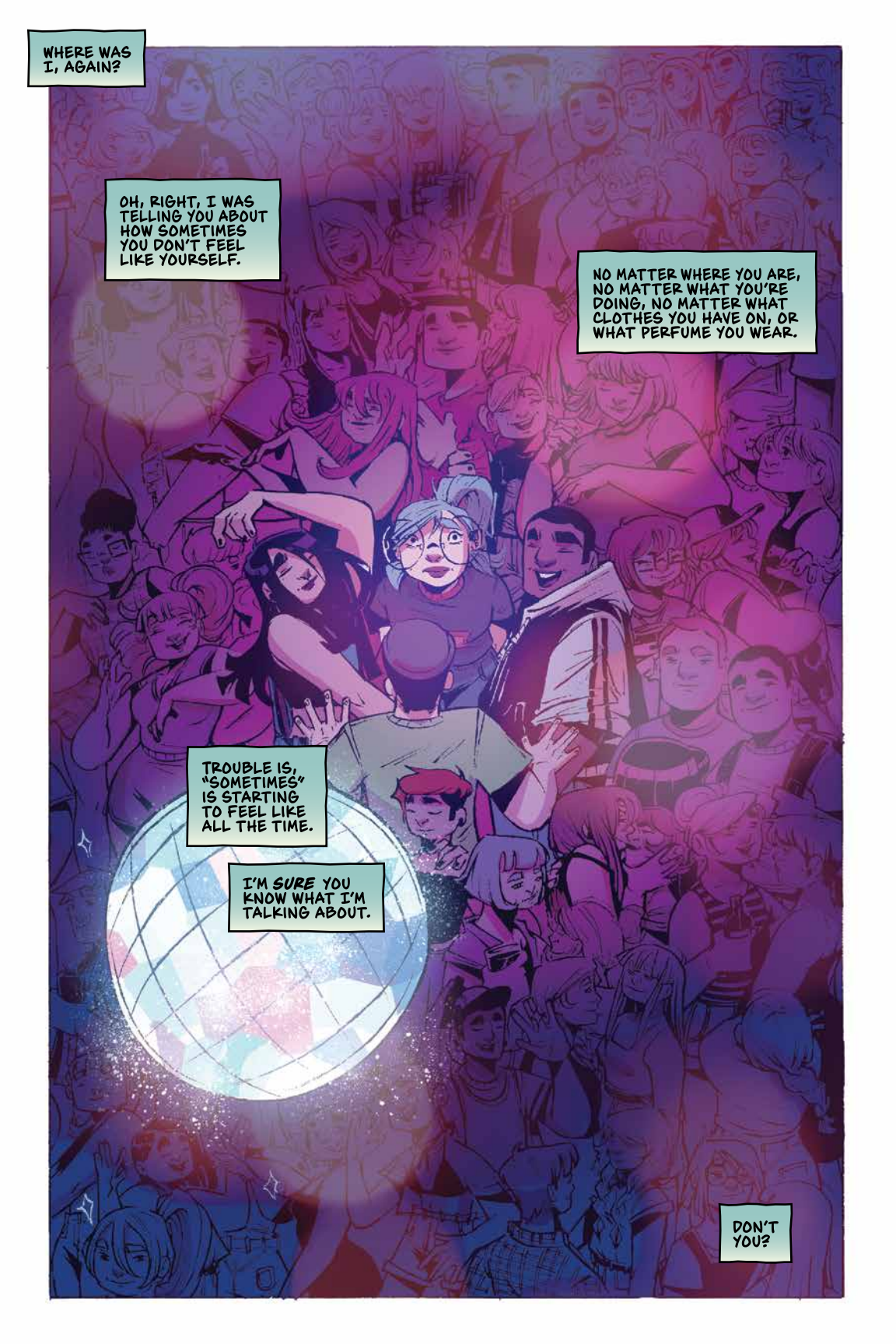
OUPS!

OUCH!









WHERE WAS  
I, AGAIN?

OH, RIGHT, I WAS  
TELLING YOU ABOUT  
HOW SOMETIMES  
YOU DON'T FEEL  
LIKE YOURSELF.

NO MATTER WHERE YOU ARE,  
NO MATTER WHAT YOU'RE  
DOING, NO MATTER WHAT  
CLOTHES YOU HAVE ON, OR  
WHAT PERFUME YOU WEAR.

TROUBLE IS,  
"SOMETIMES"  
IS STARTING  
TO FEEL LIKE  
ALL THE TIME.

I'M SURE YOU  
KNOW WHAT I'M  
TALKING ABOUT.

DON'T  
YOU?



















WELL...I'M  
HERE.



SORRY?



YOU SAID  
THERE WASN'T  
GONNA BE A "BIG"  
CROWD IN HERE  
TONIGHT...SO I  
SAID, "I'M HERE,"  
LIKE--

HA!  
YEAH.

SORRY,  
MINDY.

I'M KINDA  
ZONING OUT. I JUST  
LOSE IT WITH THESE  
LATE NIGHTS.



IT'S OKAY.  
HOW'S CINDY  
DOING?



OH, SHE'S  
GREAT. THE  
KIDS, TOO. YOU  
KNOW HOW  
THEY ARE.

THEY GET THEIR  
YA-YAS OUT WHILE THE  
PARENTS SUFFER. HOW  
'BOUT YOU? LONG  
NIGHT?





NEVER SEEN THIS ONE BEFORE. IS IT NEW?



HELL YEAH!



I SURE WILL, JONAZ. GOOD LUCK STAYING AWAKE!

DING DING

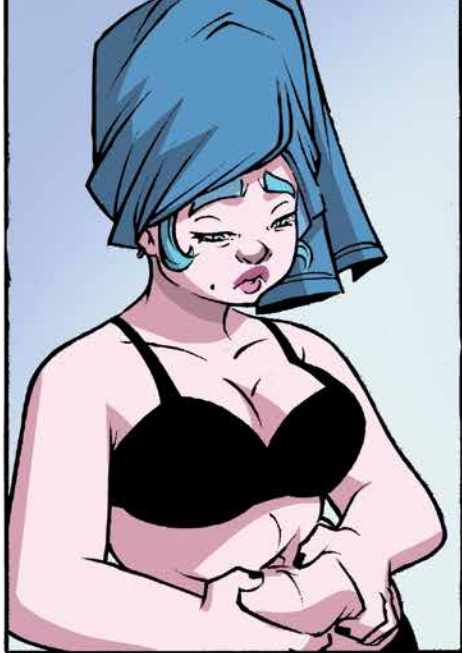
















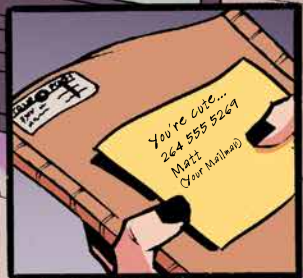


Hey, beautiful.

You were sound asleep this morning, so I didn't want to wake you. I've got class all day. Thanks for taking care of me.

Call you tonight.

XO, S.

















**Mindy**  
How's it going?

**Shaé**  
Huge headache, but you know me—I'm a trooper!

**Mindy**  
You go, girl. Meet up tonight?

**Shaé**  
Sorry, figure drawing. Call you when I'm done?

**Mindy**  
That works. XO!!









I THINK YOU'VE LOST SOME WEIGHT SINCE OUR LAST CLASS. RIGHT?

YOU THINK SO?

TOTALLY! I'M STARTING TO GET TO KNOW YOUR BODY. Y'KNOW, FROM DRAWING IT EVERY WEEK.



OH, REALLY? WELL...

OH, SHOOT. SORRY, I GOTTA RUN.

BUS TO CATCH.



SEE YA!

UH-HUH. SEE YA...



"HEY, I DIG YOU NAKED, SO HERE'S MY NUMBER--CALL ME ANYTIME..."

YOU SURE GOT GAME, SHAE!

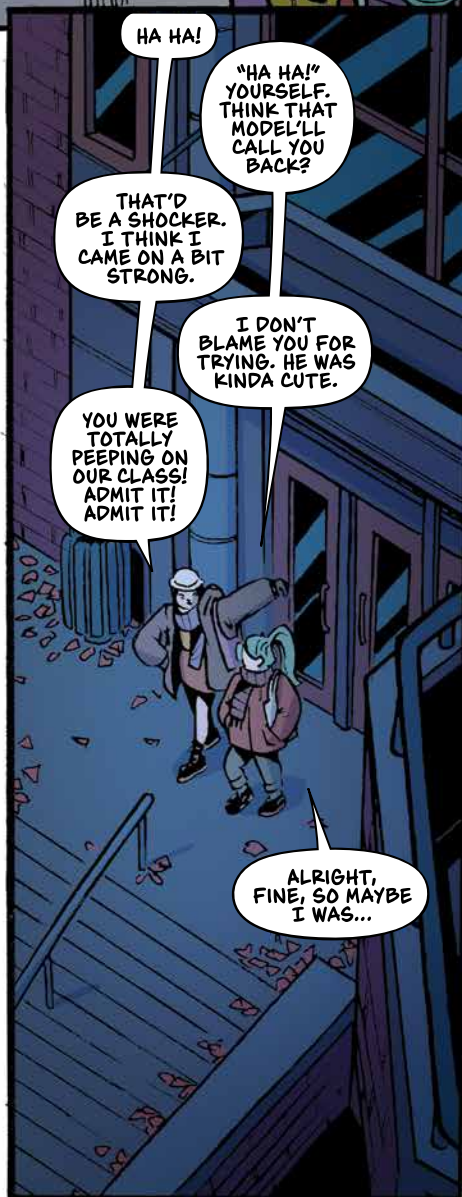
MINDY, WHAT ARE YOU DOING HERE?



YOU SAID YOU WERE  
FREE AFTER FIGURE  
DRAWING.

AND I  
AM. SO, WHAT  
DO YOU WANT  
TO DO?

I  
DUNNO.



HA HA!

"HA HA!"  
YOURSELF.  
THINK THAT  
MODEL'LL  
CALL YOU  
BACK?

THAT'D  
BE A SHOCKER.  
I THINK I  
CAME ON A BIT  
STRONG.

I DON'T  
BLAME YOU FOR  
TRYING. HE WAS  
KINDA CUTE.

YOU WERE  
TOTALLY  
PEEPING ON  
OUR CLASS!  
ADMIT IT!  
ADMIT IT!

ALRIGHT,  
FINE, SO MAYBE  
I WAS...



YOU'RE A  
TROUBLE-MAKER,  
YOU KNOW THAT,  
MINDY? DEEP DOWN  
INSIDE, BEHIND THAT  
MASK OF VIRTUE,  
YOU'RE UP TO  
NO GOOD!

HUSH!  
SOMEONE WILL  
HEAR.





KNOW SOMETHING, MINDY? I THINK YOU'RE AT A TURNING POINT IN YOUR LIFE.

IF YOU SAY SO.



THERE ARE SOME SIGNS THAT...

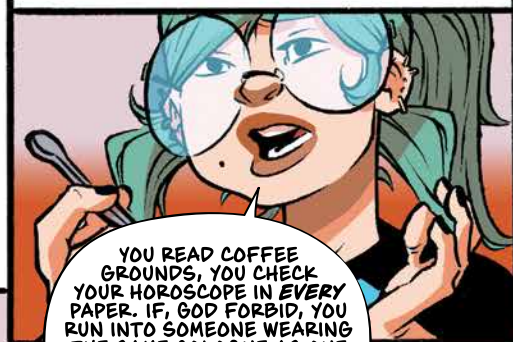
MUNCH  
MUNCH

...JUST DON'T LIE.

SHAE, YOU SEE SIGNS EVERYWHERE.



WHAT ARE YOU TALKING ABOUT?



YOU READ COFFEE GROUNDS, YOU CHECK YOUR HOROSCOPE IN EVERY PAPER. IF, GOD FORBID, YOU RUN INTO SOMEONE WEARING THE SAME COLOGNE AS ONE OF YOUR EXES, YOU THINK IT MEANS YOU SHOULD CALL THEM UP AND BEG THEM TO TAKE YOU BACK.

SERIOUSLY? DO I DO THAT? THE PART ABOUT MY EXES, I MEAN...

YOU DO BELIEVE IN SOME WEIRD STUFF. LIKE LIFE, OR THE UNIVERSE, OR WHATEVER, IS SENDING YOU MYSTIC SIGNALS.

BUT LIFE IS SENDING US MYSTICAL SIGNALS. ALL THE TIME!



TAKE THIS RESTAURANT, FOR INSTANCE. JUST LOOK AROUND! THIS PLACE IS FULL OF SIGNS!

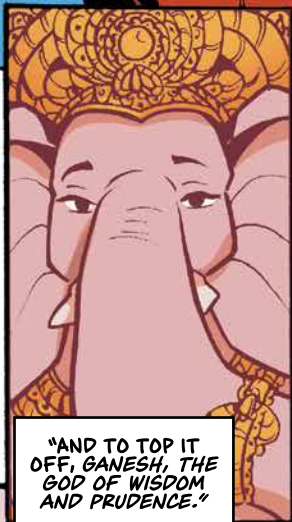
UH-HUH.



"THAT'S PARVATI, THE GODDESS OF FERTILITY.



"AND OVER THERE'S HER HUSBAND, SHIVA, THE GOD OF YOGA AND UNIVERSAL KNOWLEDGE.



"AND TO TOP IT OFF, GANESH, THE GOD OF WISDOM AND PRUDENCE."



ALL THESE DEITIES HAVE DEEP MEANINGS IN HINDU CULTURE. IF YOU LOOK AT THEM THROUGH THAT LENS, YOU MIGHT LEARN SOME THINGS ABOUT YOURSELF.



ALL I SEE IS DECOR IN A NICE INDIAN RESTAURANT--NOT A LIFE PLAN!



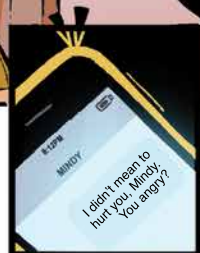
OK, SO WHAT DO YOU SEE THESE SIGNS OF YOURS SAYING ABOUT MY LIFE?

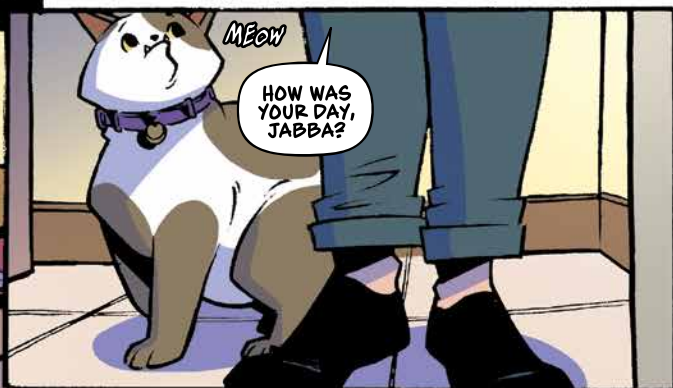












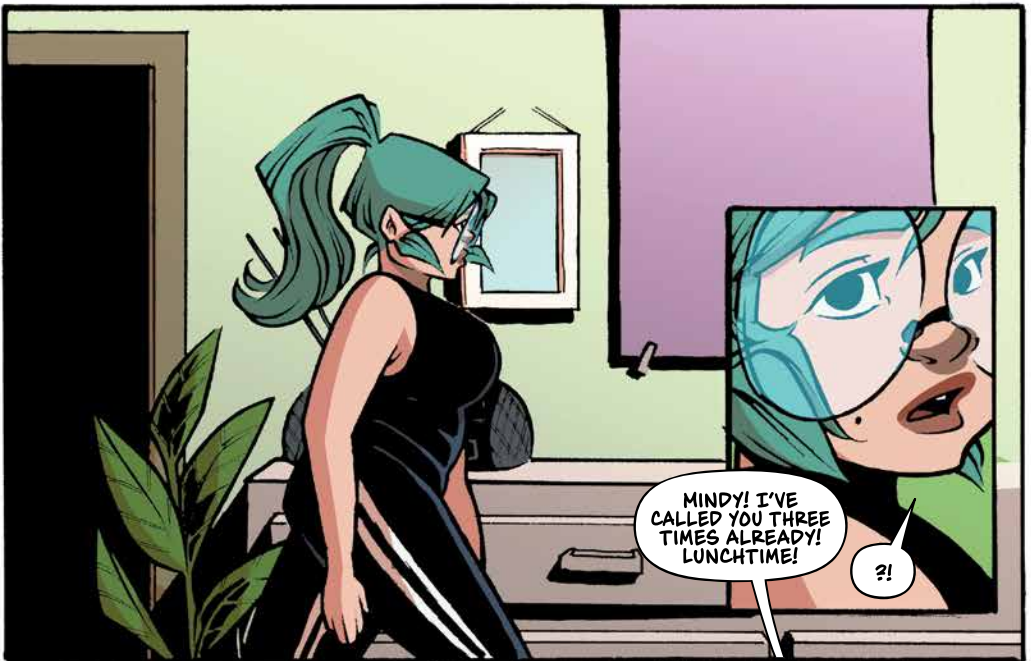




THUS PRESERVED,  
BIODIVERSITY ENSURES  
ALL LIVING CREATURES WILL  
BE ABLE TO PASS THEIR  
GENES ON TO THE NEXT  
GENERATION.

"WHIRLWIND  
OF FLAVOR," HUH?  
THESE COPYWRITERS  
ARE FEARLESS. WELL,  
WE'LL SEE ABOUT  
THAT...





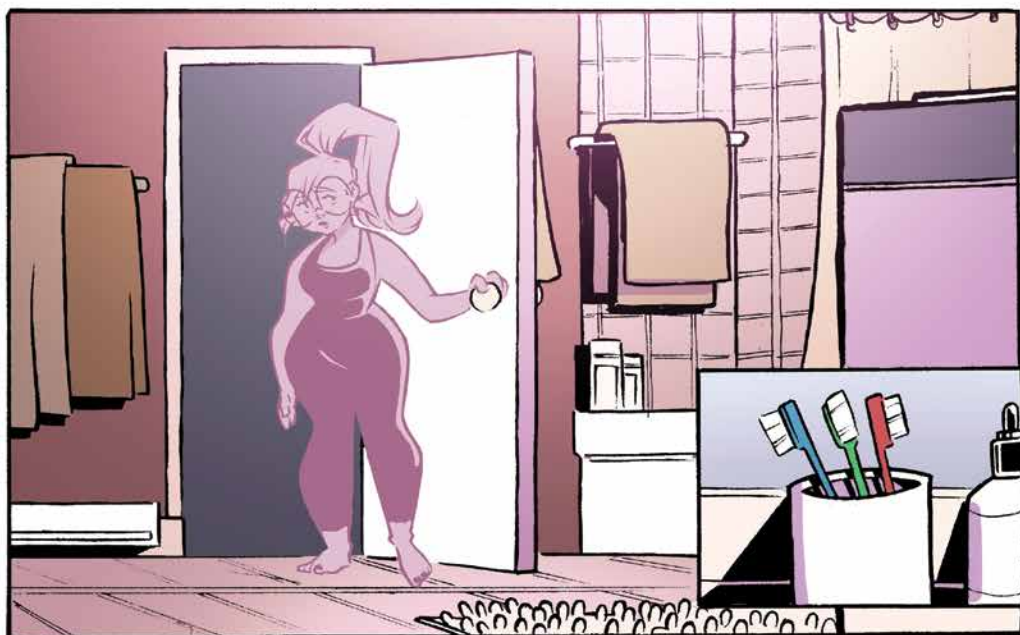


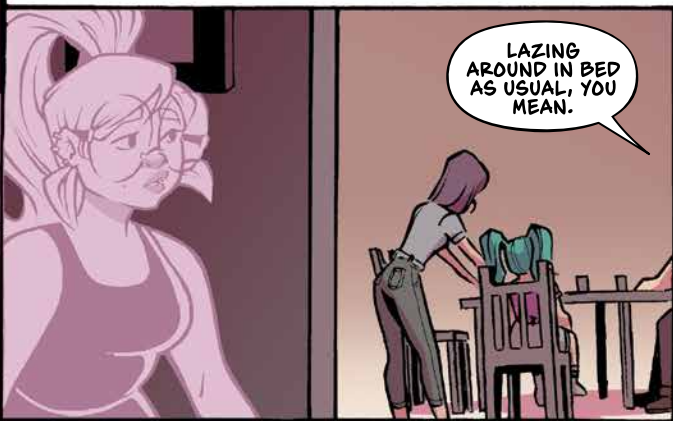
WHAT  
THE--?





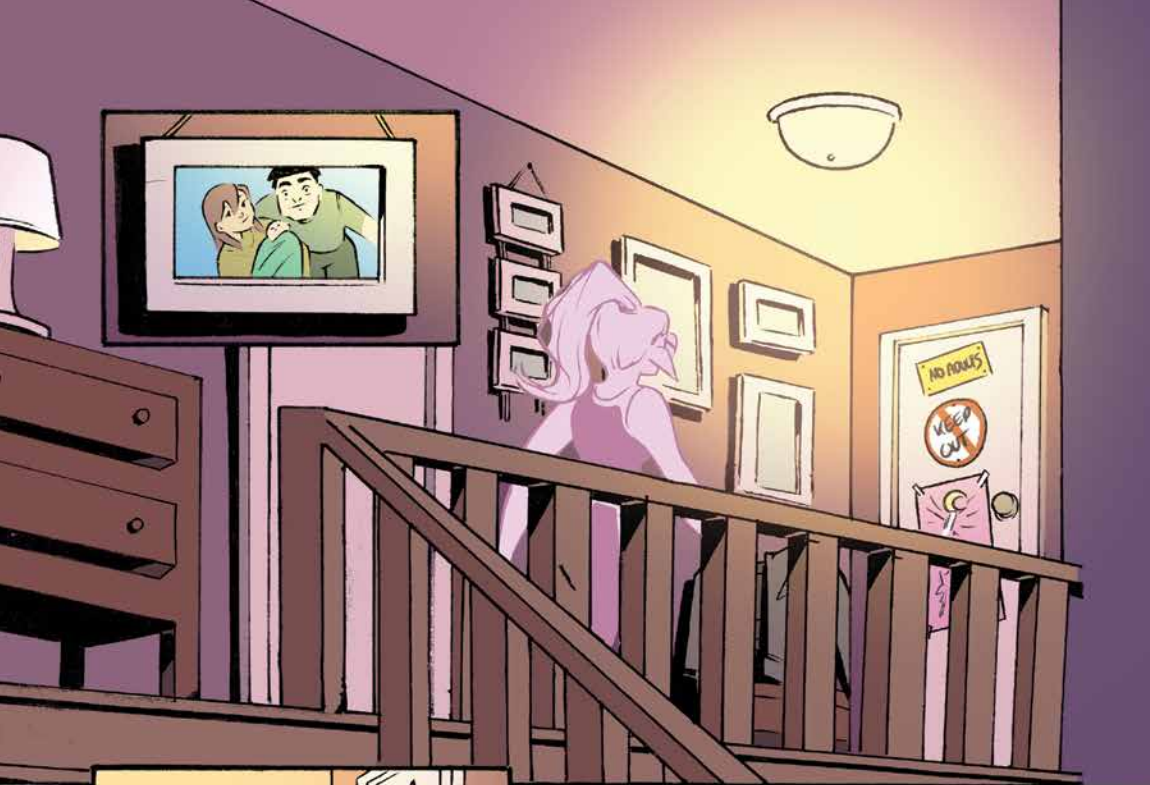




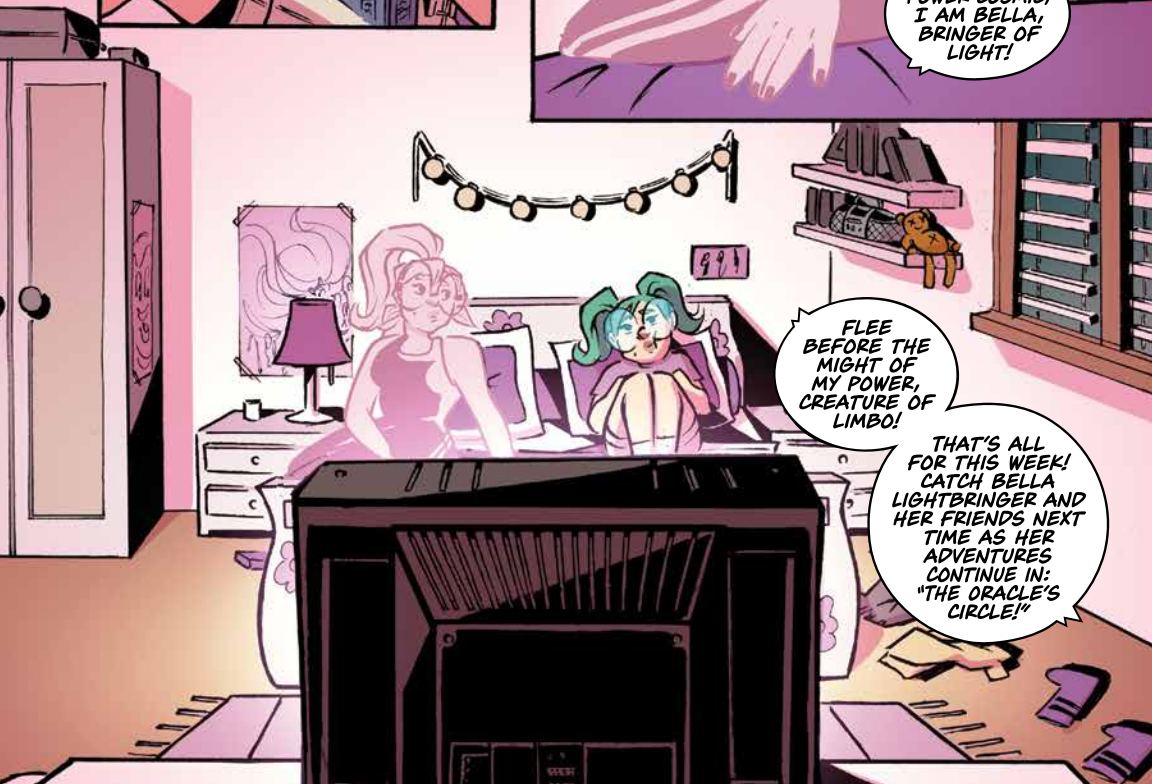
































SLAM







YOUNG LADY, I ORDERED A CAPPUCCINO, NOT AN AMERICANO.

SORRY, LET ME FIX THAT FOR YOU.

HAVE A SEAT.

I'LL BRING IT RIGHT OVER.



YOU'RE DROPPING THINGS. GETTING DRINK ORDERS WRONG. SOMETHING ON YOUR MIND THIS MORNING, MINDY?

SORRY, LAETITIA. BAD NIGHT.



NIGHTMARES?

SORT OF.

I'VE BEEN DOING DREAM INTERPRETATION FOR YEARS NOW. MAYBE I COULD TELL YOU WHAT IT MEANS.



I'LL THINK ABOUT IT.

YOUR CAPPUCCINO, SIR. I'M SO SORRY.

YOU'RE A VERY NICE YOUNG LADY.







I DON'T KNOW WHY YOU KEEP TRYING TO GET HER ATTENTION, BEN. DIDN'T SHE ALREADY SAY SHE DIDN'T WANT TO SEE YOU AGAIN?

I THINK YOU SHOULD DROP IT.



YOU OK?  
NO BREAKFAST FOR YOU?



NO. NOT THAT HUNGRY THIS MORNING.



CAN YOU REALLY INTERPRET DREAMS?

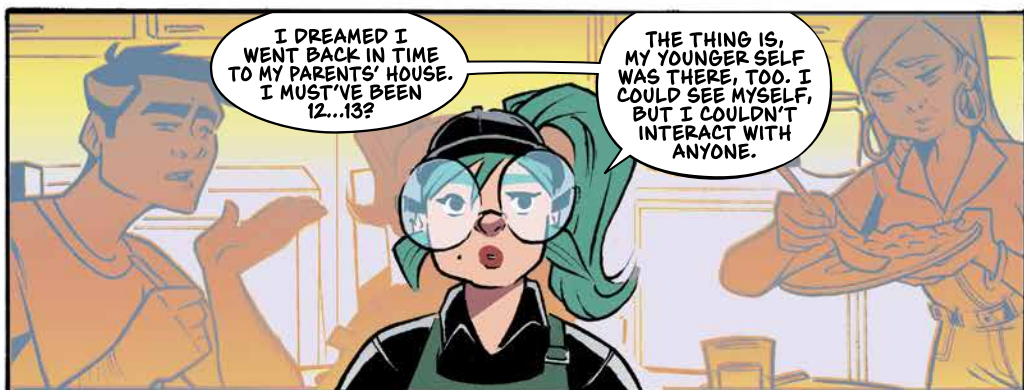
MY MOM TAUGHT ME. SHE USED TO DO IT FOR THE WHOLE FAMILY.



I THOUGHT IT WAS SILLY AT FIRST, BUT THEN SHE DIED AND LEFT ME ALL HER BOOKS. I STARTED READING THEM AND INTERPRETING MY OWN DREAMS.



I'VE BEEN DOING IT FOR THREE YEARS NOW. IT'S FUN. SOMETIMES IT HELPS ME WORK THROUGH STUFF. DO YOU WANNA TRY?

























I'LL BE WAITING IN THE CAR.

GO ON WITHOUT US, IF YOU WANT. YOU CAN PICK US UP LATER.



NO. IF MINDY HAD JUST COME WHEN WE ASKED HER TO, WE'D BE ON TIME. NOW WE NEED TO HURRY.



IS DADDY MAD AT ME?

NO, PUMPKIN. BUT YOU SHOULD LISTEN WHEN WE ASK YOU TO DO SOMETHING. WHEN WE CALL YOU, COME. OTHERWISE, WE'LL ALL BE RUNNING LATE.

GO ON, FINISH YOUR FOOD.



I'M NOT HUNGRY ANYMORE. MY TUMMY HURTS.

DID YOU GO TO THE BATHROOM THIS MORNING?

NO.



GO AHEAD. I'LL WAIT HERE.



























READY TO ORDER?

?



NO, NOT YET, SORRY.

NO WORRIES.

I'LL BE RIGHT BACK.











YOU'RE UP, MATT!

YOU REALLY SURE YOU WANT ME TO SING?

YES! SING! SING! SING!

ALL RIGHTY THEN. THIS SONG GOES OUT TO A NEW FRIEND: MINDY!



AT FIRST I WAS AFRAID, I WAS PETRIFIED, KEPT THINKING I COULD NEVER LIVE WITHOUT YOU BY MY SIDE...



...BUT THEN I SPENT SO MANY NIGHTS THINKING HOW YOU DID ME WRONG, AND I GREW STRONG, AND I LEARNED HOW TO GET ALONG...



AND NOW YOU'RE BACK, FROM OUTER SPACE, I JUST WALKED IN TO FIND YOU HERE WITH THAT SAD LOOK UPON YOUR FACE...





I SHOULD  
HAVE CHANGED THAT  
STUPID LOCK, I SHOULD  
HAVE MADE YOU LEAVE  
YOUR KEY, IF I'D KNOWN  
FOR JUST ONE SECOND,  
YOU'D BE BACK TO  
BOTHER ME!



GO ON  
NOW, GO!  
WALK OUT THE  
DOOR. JUST  
TURN AROUND,  
NOW...





MINDY?

ELLIOTT?

UH...  
YEAH. SURE  
IS. BEEN A  
WHILE.



I'M SO  
SORRY. I  
REALLY MEANT  
TO CALL. IT'S  
JUST...WORK,  
LIFE...



YEAH,  
NO, I GET  
IT. IT'S HARD  
TO FIND THE  
TIME.

UP TO  
ANYTHING  
FUN?



JUST HAVING  
A DRINK WITH  
A FRIEND.



OH, YOU'RE ALREADY  
WITH SOMEONE ELSE.  
THAT'S COOL.

IT'S NOT  
LIKE THAT. JUST  
SOMEONE I  
KNOW.



I GET  
IT, MINDY.  
LIVE YOUR  
LIFE.

I'M  
GONNA HEAD  
OUT. SEE YOU  
AROUND.



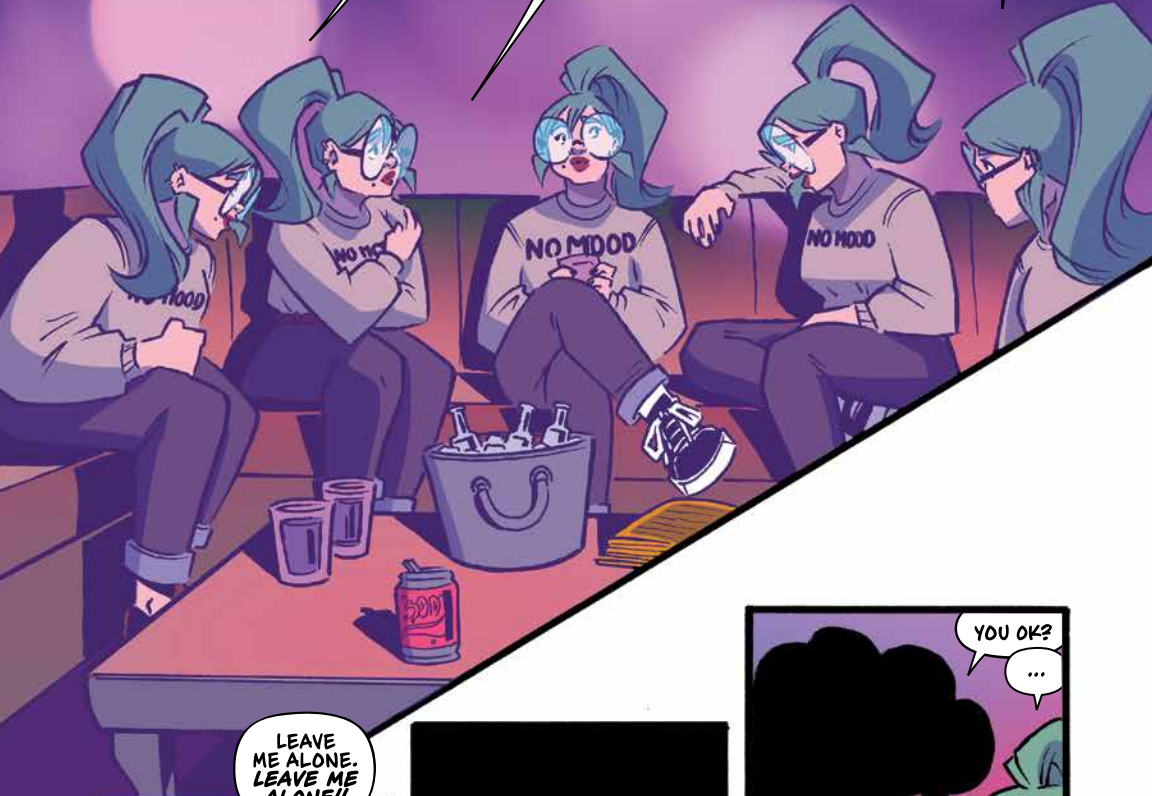


GO AFTER HIM!

YOU KNOW YOU WANT TO!

WHAT ARE YOU, SCARED?

YOU ONLY LIVE ONCE. DON'T PASS THIS UP.



LEAVE ME ALONE. LEAVE ME ALONE!!



MINDY?



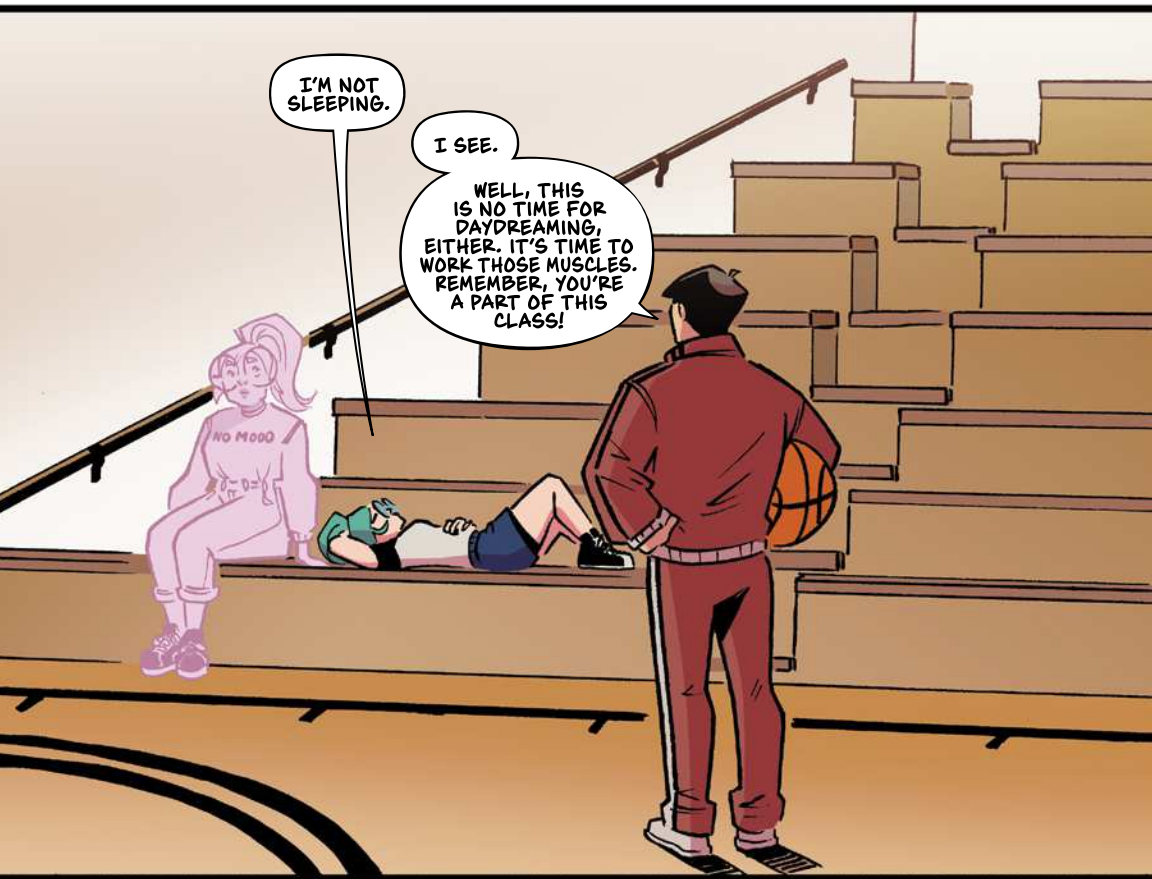














A LITTLE EXERCISE NEVER HURT ANYBODY. IT COULD HELP YOU LOSE SOME WEIGHT.

DON'T JUST SIT THERE. WE'RE ALL WAITING!



TAKE THE BACK RIGHT, BY ELLIOTT.

NO CHOICE, HUH?

YOU THINK THIS IS FUNNY?



NOT AT ALL.

HE'S A JERKFACE.



TWEET

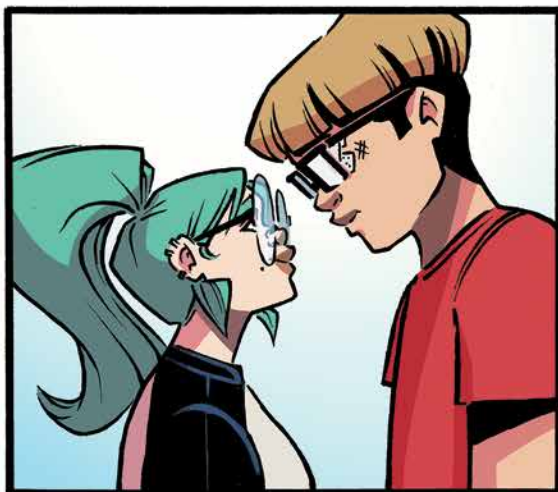
DON'T WORRY, I'LL HELP YOU OUT.



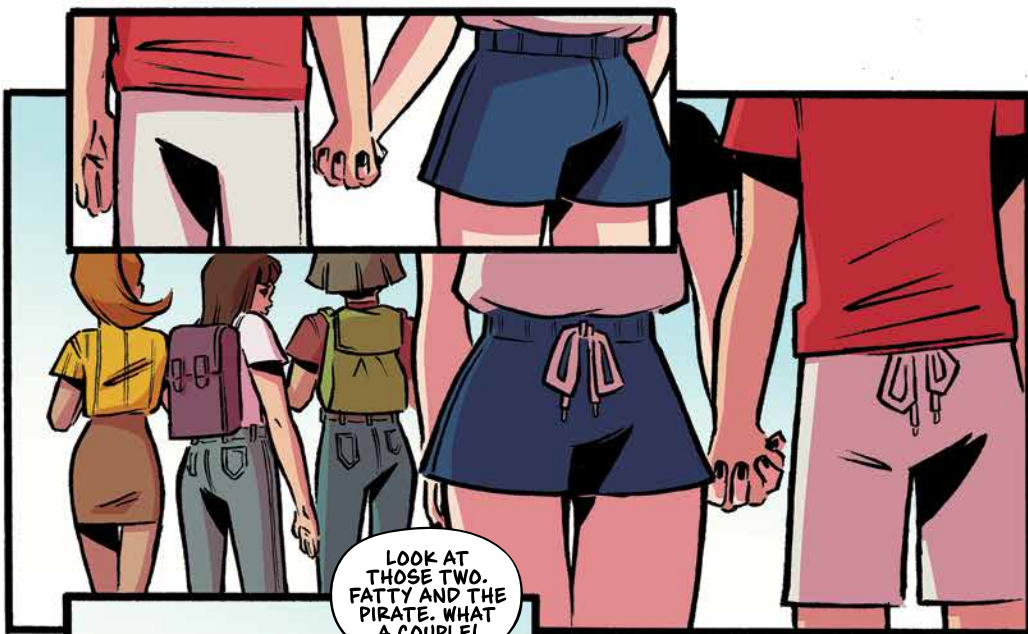
WHAM











LOOK AT THOSE TWO. FATTY AND THE PIRATE. WHAT A COUPLE!



DON'T YOU HAVE SOMETHING BETTER TO DO? LIKE TAKE A BATH?

PFFT, SPARE ME THE ALPHA MALE ACT. EVERYONE KNOWS YOU'RE JUST A WIMP. SO YOU AND TUBBY HERE CAN BEAT IT.



MINDY!

THAT'S RIGHT, RUN AFTER HER. SHOULDN'T BE TOO HARD.



JESS, YOU'RE SUCH A LOSER.

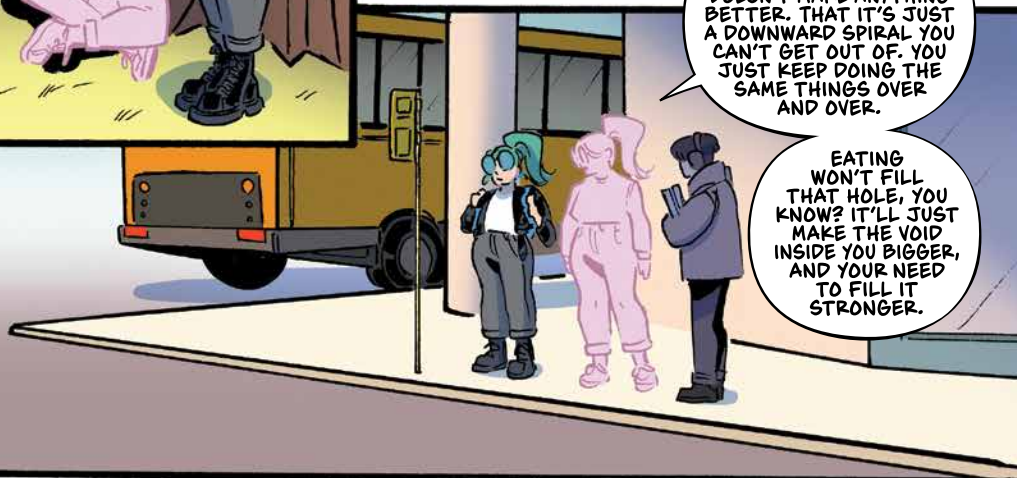
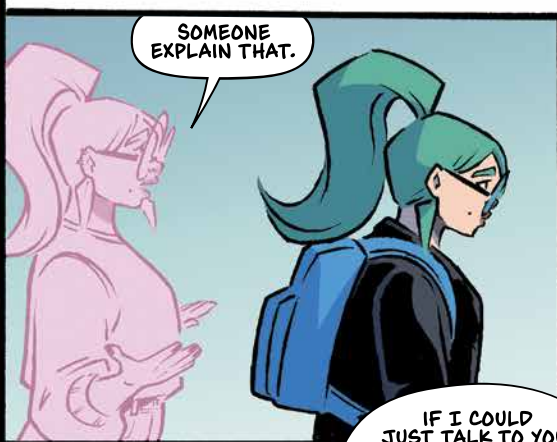


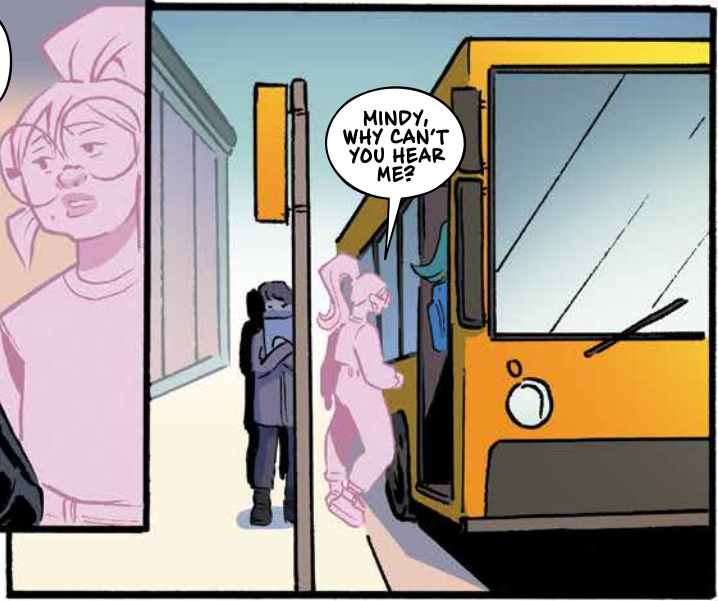
















WHAT IF ELLIOTT DIDN'T CARE ABOUT THAT? WHAT WOULD YOU SAY THEN?



WHOA, DID SOMETHING HAPPEN?

MAYBE...

YOU LITTLE MINK! OUT WITH IT! WHAT ARE YOU HIDING?



HEY! STOP TICKLING ME, STUPID!

SPILL THE BEANS!

OK, OK. I'LL TELL YOU!



WELL?

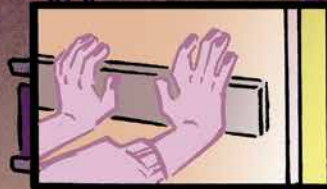
YOU'RE SO IMPATIENT!



AND YOU'RE SUCH A TEASE! HOW AM I SUPPOSED TO BE PATIENT?









BOOP  
BOOP

1:03

Hope it wasn't my fault  
you left. Text if you want  
to meet up again. Matt



**Mindy**

I'm so sorry, Matt.  
It wasn't you.

**Matt**

You sure? You know you  
can tell me. I can be a  
real doofus sometimes.

**Mindy**

Don't worry. You  
weren't a doofus.

**Matt**

That's nice of you to  
say. Can I see you  
again sometime?

**Mindy**

...I don't know. Maybe.

**Matt**

I hope so. I like you.

**Mindy**

...

**Matt**

?

**Mindy**

Nothing. Good night, Matt.

**Matt**

Night, Mindy.





POOR KITTY. YOU GOT THE SHORT END OF THE STICK, HAVING A DUMMY LIKE ME FOR AN OWNER.

MEOW



A FAT OL' DUMMY...



...WHO'S GONNA BE EXHAUSTED OPENING THE CAFE TOMORROW.

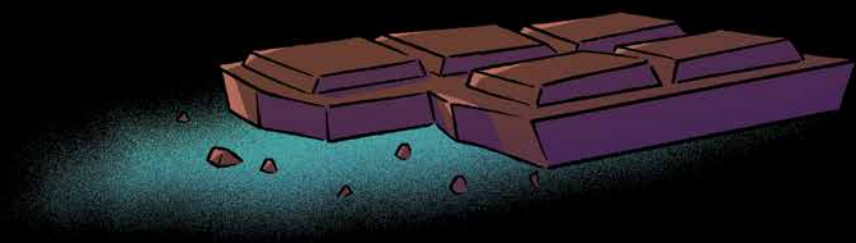
TIME TO SLEEP.



A CHOCOLATE BAR THAT TAKES YOU BACK IN TIME...WHAT WAS I THINKING?













MINDY?

WAKE  
UP.

OPEN  
YOUR EYES,  
MINDY.

?!

WHAT'S  
HAPPENING?

YOU'RE  
DREAMING!

ABOUT  
CHOCOLATE.

EXACTLY.  
THAT MEANS  
YOU CAN EAT AS  
MUCH AS YOU WANT,  
WITHOUT GAINING  
SO MUCH AS AN  
OUNCE.

TEMPTING,  
ISN'T IT?





NO THANKS, I'M  
NOT HUNGRY.

YOU SURE?  
THIS IS YOUR  
CHANCE!

I'LL JUST  
WIND UP WITH  
A TUMMY ACHE,  
FEELING  
GUILTY.

GUILTY? FOR  
WHAT? THIS IS A  
DREAM! IF THERE'S  
ANYWHERE YOU CAN  
DO WHATEVER YOU  
WANT, THIS IS  
IT, RIGHT?

MAYBE,  
BUT I'M NOT IN  
THE MOOD.

I KNOW  
I EAT TO FILL  
AN EMPTINESS INSIDE  
ME, TO MAKE UP FOR  
SOMETHING I'M  
MISSING...

EATING...  
HELPS...

...FOR A FEW  
HOURS.

BUT THEN  
THE HOLE OPENS  
UP AGAIN...

IT'S LIKE A  
GHOST, EATING ME  
UP FROM INSIDE. I  
CAN'T EXPLAIN, IT'S  
LIKE IT'S TAKING  
OVER MY BODY...





...IT'S LIKE  
I'M FALLING, BUT  
I NEVER HIT  
BOTTOM.

DON'T WORRY  
ABOUT THAT, MINDY.  
YOU'RE IN A DREAM.  
HERE--YOUR DREAM. NO  
GHOSTS WILL DEVOUR  
YOU HERE, YOU HAVE  
MY WORD. PLEASE,  
EAT! IT'LL DO  
YOU GOOD.

NO! I  
DON'T WANT  
TO EAT!

EAT! EAT!  
EAT!

GO  
AWAY!



A comic book panel with a purple and orange color scheme. A young girl with blue hair is being crushed by a massive pile of books. She has a pained expression, with one eye closed and her mouth open in a scream. Her hands are pressed against the books. The background is a swirling, fiery orange and red. Several speech bubbles are scattered around her, containing the text 'EAT! EAT! EAT!', '?!', 'NO!', and '!!'.

EAT! EAT!  
EAT!

?!

EAT! EAT!  
EAT!

**NO!**

EAT! EAT!  
EAT!

!!





EAT! EAT!  
EAT!

EAT! EAT!  
EAT!

EAT! EAT!  
EAT!

No!!!







GRRRMMMMM







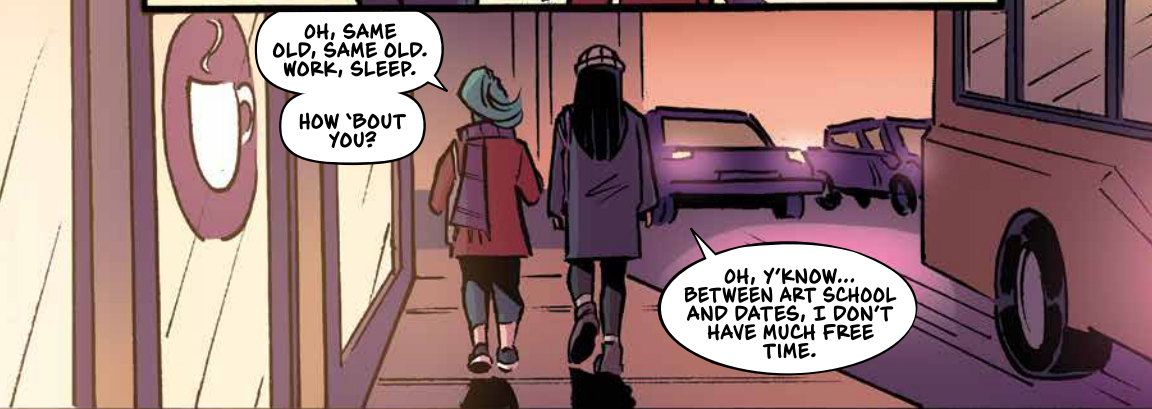


**BLEARRRGH!**











KIDDING. THAT MODEL NEVER CALLED ME, AND I'M RUNNING LATE ON A TON OF WORK. YOU LOOK GOOD. IT'S NICE TO SEE YOU.

THANKS.



I REALLY MESSED UP AT THE RESTAURANT THE OTHER NIGHT. I NEVER SHOULD'VE SAID THOSE THINGS TO YOU. I WAS TOTALLY OUT OF LINE.



NO, YOU WERE SORTA RIGHT. IT'S JUST...WEIRD, HEARING THAT FROM YOUR BEST FRIEND, Y'KNOW?



BEST FRIEND?

FOREVER.

BUT...I DON'T KNOW IF YOU REALIZE HOW MUCH THOSE OFFHAND THINGS YOU SAY SOMETIMES CAN HURT.



BUT MINDY, I--



I THINK I JUST NEED TO TAKE SOME SPACE, SHAE. I'LL CALL YOU WHEN I'M READY TO TALK AGAIN.

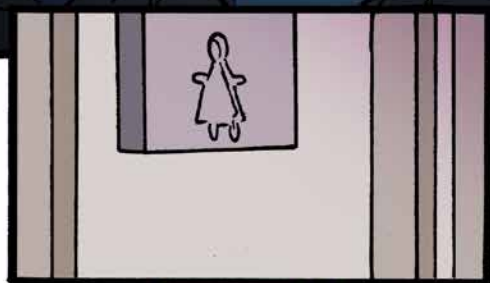




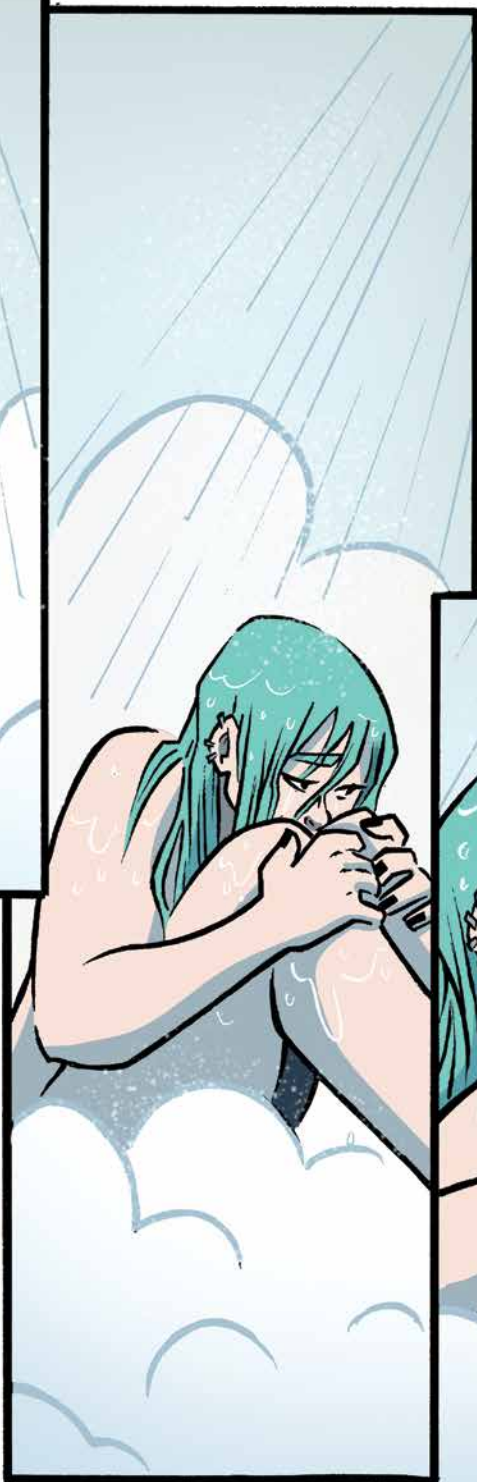
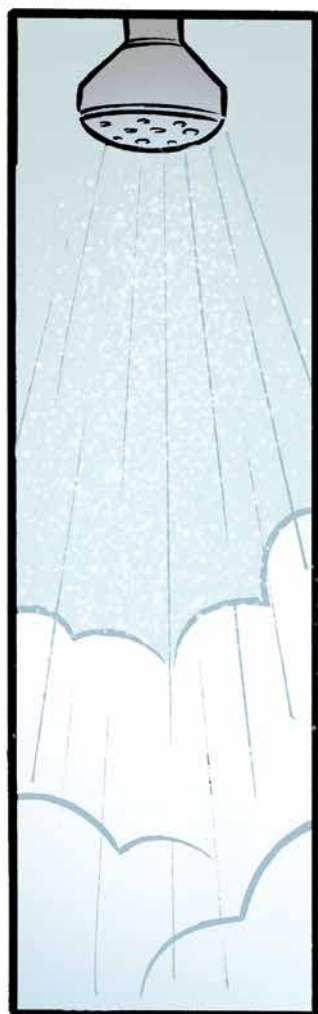
WITH THE AZOR  
MOVIEPASS, YOU CAN  
GET DISCOUNTS ON TICKETS  
AND REFRESHMENTS! AZOR:  
MAKING YOUR MOVIE-GOING  
EXPERIENCE BETTER  
IN EVERY WAY!



# The End

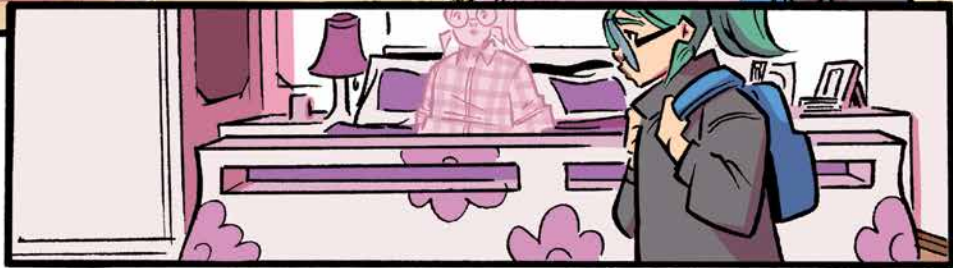






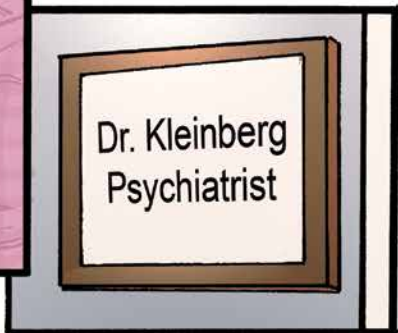














SO, LAST SESSION WE WERE TALKING ABOUT HOW YOU FIND YOURSELF SNACKING WHEN YOU FEEL ANXIOUS, AND YOU WERE GOING TO WORK ON BEING MORE AWARE OF THAT AS IT'S HAPPENING. HOW HAS THAT BEEN GOING?

OKAY, I GUESS.



THAT'S GOOD. KEEP IT UP, MINDY.



I KNOW IT'S HARD TO SEE, BUT DAY BY DAY, ONE STEP AT A TIME, IT'LL START TO FEEL EASIER.



LIKE WE'VE TALKED ABOUT IN OUR PREVIOUS SESSIONS, MINDY, BODY DYSMORPHIA CAN BE REALLY INSIDIOUS. I KNOW YOU FEEL LIKE YOU'RE THE PROBLEM, BUT THIS IS COMING AT YOU FROM EVERY ANGLE.



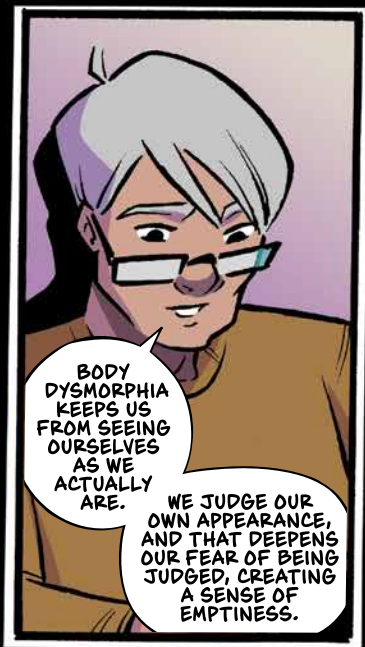
TRIGGERS FOR THIS CAN COME FROM ANYWHERE-- TELEVISION, MAGAZINES, OUR FAMILY AND FRIENDS...

IT DOES TERRIBLE DAMAGE TO YOUR SELF-ESTEEM.



WE'D ALL LIKE TO BE LOVED FOR WHO WE ARE WITHOUT JUDGMENT, BUT IT CAN BE HARD TO LOVE OURSELVES LIKE THAT, ESPECIALLY WHEN THE PEOPLE AROUND US INADVERTENTLY GIVE US NEGATIVE REINFORCEMENT.





BODY  
DYSMORPHIA  
KEEPS US  
FROM SEEING  
OURSELVES  
AS WE  
ACTUALLY  
ARE.

WE JUDGE OUR  
OWN APPEARANCE,  
AND THAT DEEPENS  
OUR FEAR OF BEING  
JUDGED, CREATING  
A SENSE OF  
EMPTINESS.

SOMETIMES,  
IT FEELS HELPFUL  
IN THE MOMENT TO FILL  
THAT EMPTINESS WITH  
SOMETHING LIKE FOOD,  
EVEN THOUGH THAT CAN  
MAKE IT ALL FEEL SO  
MUCH WORSE,  
AFTERWARD.

BUT YOU DO  
HAVE THE POWER  
TO FIGHT IT. IT'S A  
LONG PROCESS, AND IT  
CAN BE DIFFICULT, BUT  
I HOPE THAT YOU STICK  
WITH IT WITH ME. WE'LL  
KEEP TRYING TO FIGURE  
OUT THE TOOLS THAT  
WILL HELP YOU  
BREAK THIS  
CYCLE.



I'LL SEE  
YOU NEXT WEEK,  
MINDY. THINK  
ABOUT WHAT  
I SAID, ALL  
RIGHT?

YES,  
DOCTOR.

HEY, WAIT  
A SEC. WEREN'T WE  
SUPPOSED TO WAIT  
FOR MOM AT DR.  
KLEINBERG'S?

OH, I  
SEE...

 Dairy King







?!  
I'LL BE  
BACK!

BODY  
DYSMORPHIA  
KEEPS US FROM  
SEEING OURSELVES  
HOW WE ACTUALLY  
ARE.

BUT YOU  
HAVE THE  
POWER TO  
FIGHT IT.





















**KNOCK  
KNOCK**

MINDY! WHAT  
ARE YOU DOING  
HERE?

I HAD A  
FEW DAYS OFF.  
I WANTED TO  
SEE YOU.

WHAT A NICE SURPRISE!  
YOU'RE JUST IN TIME  
FOR LUNCH.

HONEY,  
LOOK WHO'S  
HERE!

MINDY!

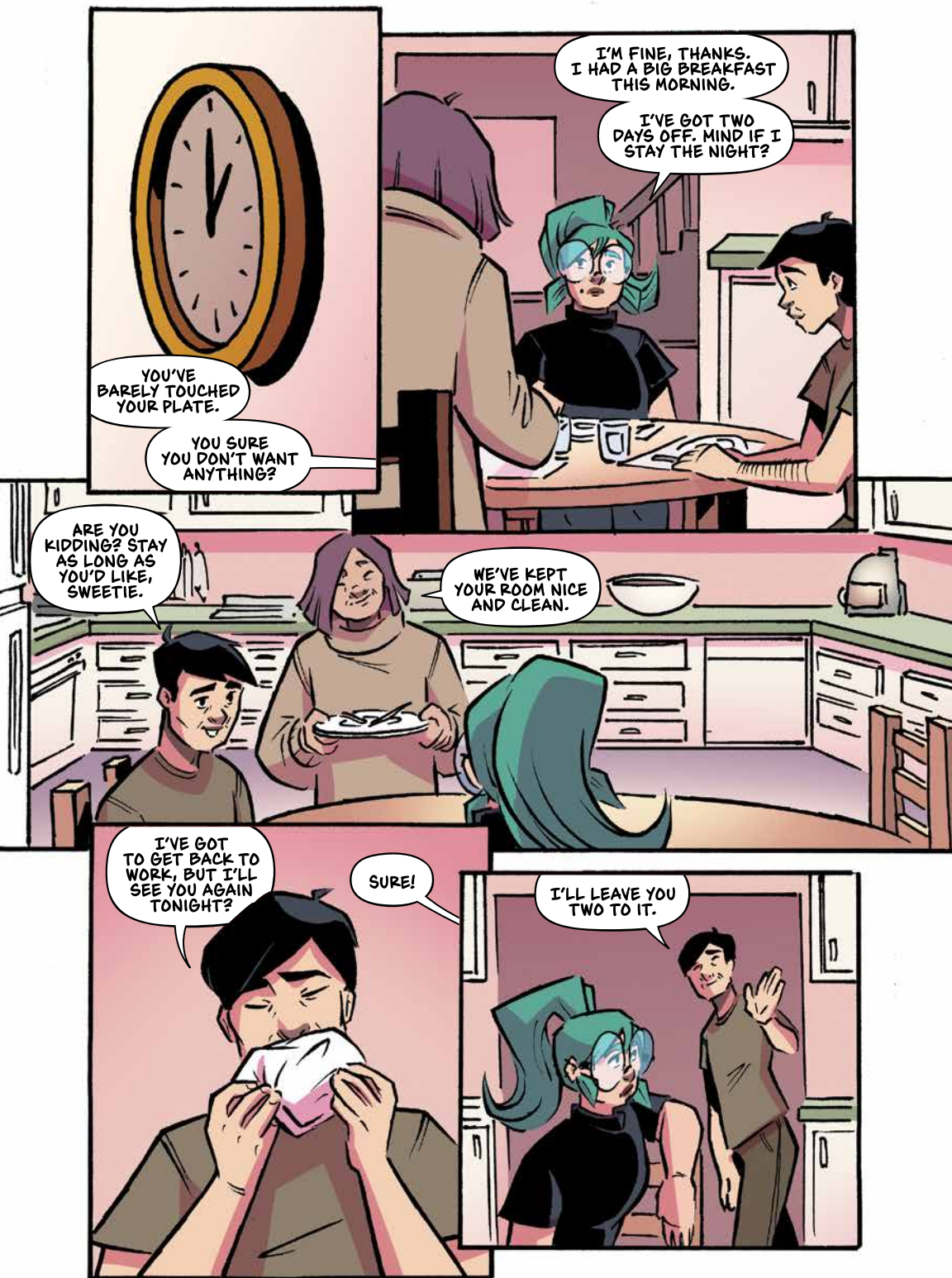
I WAS JUST  
SAYING TO YOUR  
MOTHER, IT'S BEEN  
A WHILE SINCE  
WE'VE HEARD FROM  
YOU. HOW ARE  
THINGS?

OH, SAME  
OLD, SAME  
OLD...

TELL US  
ALL ABOUT IT.  
IT'LL BE A CHANGE  
FROM OUR BORING  
LITTLE LIFE.

LUNCHTIME,  
EVERYONE!

YOU MUST  
BE HUNGRY  
FROM THE  
DRIVE!















DIG IN,  
EVERYONE! HELP  
YOURSELVES!

LOOKS  
DELICIOUS,  
HONEY! MINDY,  
PASS ME YOUR  
PLATE.

I'LL, UH,  
HAVE SOME  
LATER,  
THANKS.

OH, DON'T YOU  
START, MINDY. EAT  
WITH EVERYONE  
ELSE.

OH, LEAVE  
HER ALONE. SHE'S  
A LONG WAYS FROM  
SKIN AND BONES.  
SKIPPING A MEAL  
COULDN'T HURT.  
FAR FROM IT!

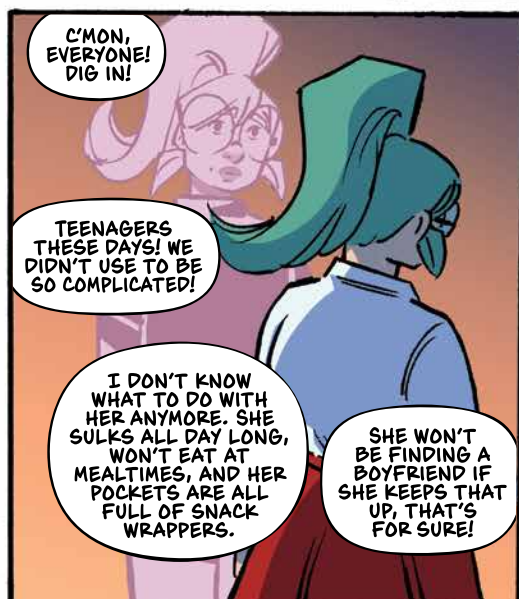


YOU CUT  
THAT OUT! IT'S  
CHRISTMAS. WE'RE  
HERE TO BE  
TOGETHER AS  
A FAMILY.

NO, SHE'S  
JUST DOING IT TO  
GET ATTENTION.  
I'M SICK OF IT.



I'M GOING  
TO THE  
BATHROOM.  
I'LL BE  
BACK.



C'MON,  
EVERYONE!  
DIG IN!

TEENAGERS  
THESE DAYS! WE  
DIDN'T USE TO BE  
SO COMPLICATED!

I DON'T KNOW  
WHAT TO DO WITH  
HER ANYMORE. SHE  
SULKS ALL DAY LONG,  
WON'T EAT AT  
MEALTIMES, AND HER  
POCKETS ARE ALL  
FULL OF SNACK  
WRAPPERS.

SHE WON'T  
BE FINDING A  
BOYFRIEND IF  
SHE KEEPS THAT  
UP, THAT'S  
FOR SURE!



I'M SO  
SORRY...

















NEED  
ANYTHING  
WHILE WE'RE  
HERE?

NO, THANKS.  
THAT'S NICE OF  
YOU, BUT I'VE GOT  
EVERYTHING  
I NEED.



LOOKS LIKE PLAID  
IS BACK. PRETTY,  
ISN'T IT?

YOU  
SHOULD  
GO TRY  
IT ON.

OH NO, THAT'S  
NOT FOR WOMEN LIKE  
US. WE DON'T HAVE THE  
RIGHT BODIES. OUR  
THIGHS ARE TOO  
BIG.



WANT A LITTLE  
SOMETHING WITH  
THAT COFFEE?

NO,  
THANKS.

C'MON,  
HAVE A PASTRY  
WITH ME.

NO, THANKS.  
REALLY, I'M  
FINE.



≡SIGH≡

SO, TELL ME ABOUT HOW  
THINGS ARE GOING.

HOW ARE YOUR PLANS  
COMING ALONG?

I...I'VE SORT  
BACK-BURNERED  
THOSE FOR NOW.  
JUST FOCUSING  
ON WORK.

YOU MENTIONED GOING  
BACK TO SCHOOL. DID YOU  
GIVE UP ON THAT?

NO, I'M JUST NOT IN  
THE RIGHT HEADSPACE  
FOR IT NOW.



PITY.  
SEEING ANYONE  
SPECIAL?



NOPE. NO  
TIME.



I'M WITH YOUR MOTHER ON THIS ONE. YOU SHOULD SEIZE THE DAY WHILE YOU'RE STILL YOUNG, FINISH SCHOOL.

YOUR DAD'S RIGHT. YOU'RE ONLY 27, YOU'RE STILL YOUNG. DO YOU WANT TO BE A BARISTA YOUR WHOLE LIFE?



I DIDN'T COME HERE SO WE COULD TALK ABOUT MY LIFE. LIKE I WAS TELLING MOM THIS AFTERNOON, I'M DOING JUST FINE.



I'M WORKING, I HAVE MY OWN PLACE. I'M NOT ASKING YOU FOR ANYTHING.



WE JUST WANT WHAT'S BEST FOR YOU, Y'KNOW.

THERE, THERE NOW. LET'S NOT ARGUE. WE'LL CHANGE THE SUBJECT.

MORE LASAGNA, MINDY?



**ENOUGH!**





I'M SICK OF ALWAYS HEARING WHAT A DISAPPOINTMENT I AM!

YOU'RE ALWAYS MAKING COMMENTS ABOUT WHAT I EAT, ABOUT MY BODY, ABOUT MY LIFE!



DON'T YOU THINK I FEEL BAD ENOUGH ABOUT MYSELF AS IT IS? LOOK AT ME! I'M FAT, OUT OF SHAPE. I HAVE NO LIFE, NO CAREER.

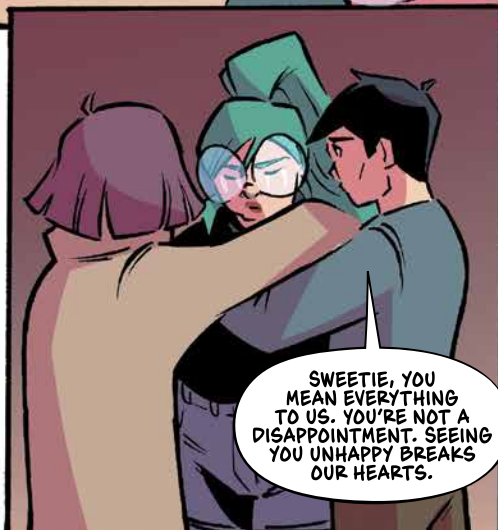


I CAN'T SEEM TO BE HAPPY, NO MATTER WHAT I TRY. THERE'S NO POINT REMINDING ME!



MINDY, HONEY...

NO, SWEETIE... THAT'S NOT IT AT ALL...



SWEETIE, YOU MEAN EVERYTHING TO US. YOU'RE NOT A DISAPPOINTMENT. SEEING YOU UNHAPPY BREAKS OUR HEARTS.



YOU'RE A WONDERFUL PERSON, MINDY--INSIDE AND OUT.

I'M SO SORRY WE EVER MADE YOU FEEL OTHERWISE.



LATER.

MINDY?

JUST GOING  
OUT FOR A QUICK  
DRIVE, MOM.

NEED  
TO CLEAR MY  
HEAD.

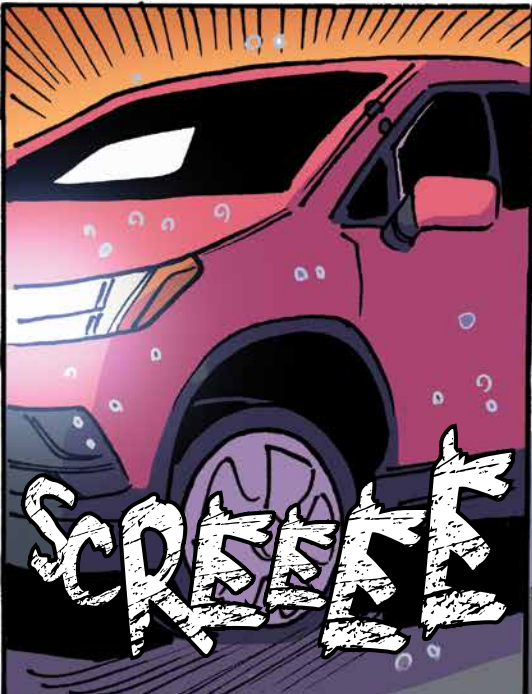
OKAY,  
SWEETHEART.

I'M...

I'M  
JUST SO  
SORRY.

I KNOW,  
MOM. I  
KNOW.









YOU  
ALL RIGHT,  
MISS?



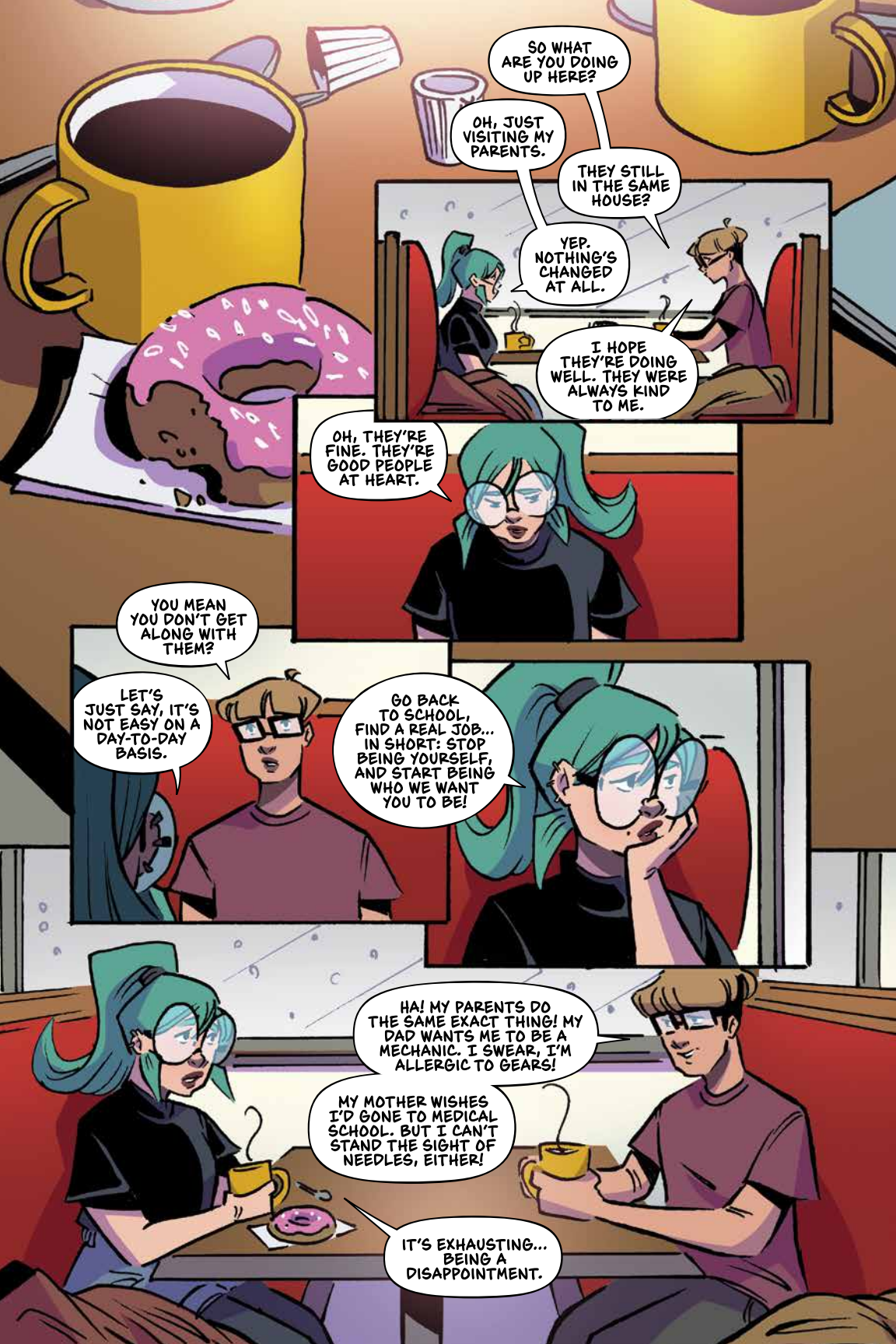
YES, I'M FINE,  
THANKS. JUST  
A SCARE.



WAIT...  
MINDY?



E-ELLIOTT??



SO WHAT  
ARE YOU DOING  
UP HERE?

OH, JUST  
VISITING MY  
PARENTS.

THEY STILL  
IN THE SAME  
HOUSE?

YEP.  
NOTHING'S  
CHANGED  
AT ALL.

I HOPE  
THEY'RE DOING  
WELL. THEY WERE  
ALWAYS KIND  
TO ME.

OH, THEY'RE  
FINE. THEY'RE  
GOOD PEOPLE  
AT HEART.

YOU MEAN  
YOU DON'T GET  
ALONG WITH  
THEM?

LET'S  
JUST SAY, IT'S  
NOT EASY ON A  
DAY-TO-DAY  
BASIS.

GO BACK  
TO SCHOOL,  
FIND A REAL JOB...  
IN SHORT: STOP  
BEING YOURSELF,  
AND START BEING  
WHO WE WANT  
YOU TO BE!

HA! MY PARENTS DO  
THE SAME EXACT THING! MY  
DAD WANTS ME TO BE A  
MECHANIC. I SWEAR, I'M  
ALLERGIC TO GEARS!

MY MOTHER WISHES  
I'D GONE TO MEDICAL  
SCHOOL. BUT I CAN'T  
STAND THE SIGHT OF  
NEEDLES, EITHER!

IT'S EXHAUSTING...  
BEING A  
DISAPPOINTMENT.







YOU,  
UH...SEEING  
ANYONE?



NO...  
YOU?

JUST MY  
CAT.



AM I  
DREAMING?

YOU MEAN,  
RIGHT NOW?

MY LIFE'S  
BEEN KIND OF  
WEIRD LATELY. I  
KEEP... RELIVING  
MOMENTS FROM MY  
PAST. I WAS  
REMEMBERING YOU,  
AND SUDDENLY YOU'RE  
STANDING RIGHT IN  
FRONT OF ME.  
IT'S HARD TO  
BELIEVE.

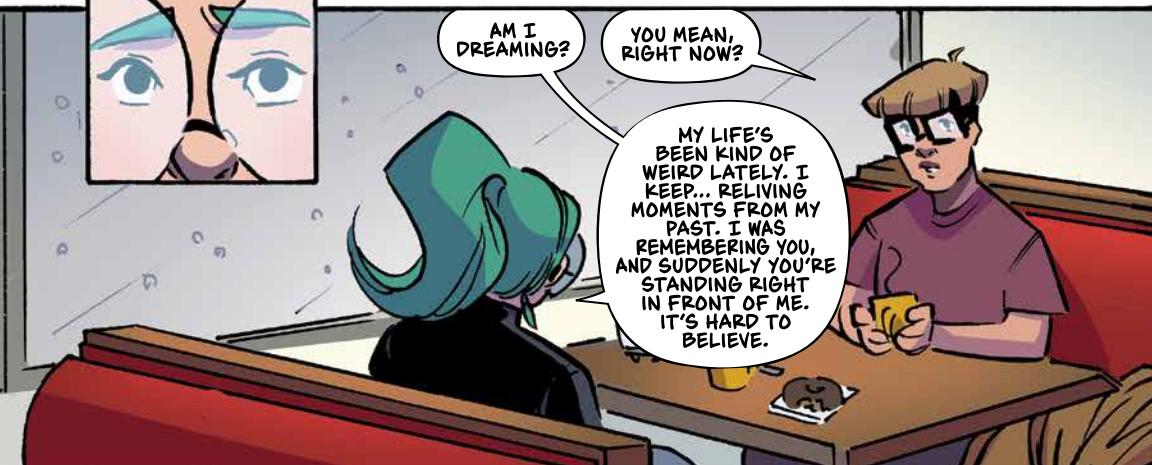
























Photo by Edwin Isford

**Sweeney Boo** is a comic artist and illustrator. She grew up in the southwest of France, where she studied graphic design and listened to really loud rock music. She started working as a comic letterer and colorist for French publishers, and in 2015 she made the decision to move to Montreal, Canada. There, she started working

at a mobile game company as a 2-D Artist, continuing to draw comics on weekends. Her comics debut was a cover and a short story for *Rat Queens* (Image Comics) in 2016. Later that year, she launched a Kickstarter campaign for *Eat, and Love Yourself*, a story about eating disorders, depression, body dysmorphia, and ultimately self-love: a subject really important to her. *Eat, and Love Yourself* was fully financed and was eventually picked up by BOOM! Studios for publication.

Sweeney lives a happy, full time freelance life: drawing all day, watching true crime shows, and eating lots of nice cheeses. She also has a feline assistant, Loki, who doesn't do much except sitting pretty while being a fluff and keeping her company.

If you, a friend, a family member, or anyone  
you love is dealing with an eating disorder,  
help and resources are available at  
**[www.nationaleatingdisorders.org](http://www.nationaleatingdisorders.org)**

For more resources, including a teaching  
guide for **Eat & Love Yourself**, please go to  
**[BOOM-STUDIOS.COM/eatandloveyourself](http://BOOM-STUDIOS.COM/eatandloveyourself)**







Mindy is a young woman living with an eating disorder and trapped in a battle for her own self-worth. When she accidentally discovers something that will give her a chance to revisit her past—the relationships she’s lost, the mistakes she’s made, all of it—she thinks she has a chance to undo every wrong turn, to put her life back on track. But will she be able to find a way back to her present, and just as important, a way to treat herself with love and kindness, at any size?

Join the incredibly talented writer and artist **Sweeney Boo** (*Love is Love*) on a journey of self-discovery, self-acceptance, and just a bit of magic.



**BOOM! BOX™**