



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**

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





3 OZ. | 85 G

BE KIND TO  
**YOURSELF**

3 OZ. | 85 G

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Lettered by

**DAVID HOPKINS**

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3 OZ. | 85 G

MILK CHOCOLATE





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 YOUR 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.




A large crowd of people at a concert, with a woman in the foreground holding a large glass of beer. The scene is filled with energy, and the background is a vibrant, hazy purple and blue. Several musical notes are scattered throughout the scene, suggesting a live performance. The woman in the foreground has long, dark, wavy hair and is wearing a dark top. She is holding a large, clear glass filled with a dark liquid, likely beer. The crowd behind her is diverse, with people of various ages and styles of dress, all appearing to be enjoying the event. The overall atmosphere is one of a lively, high-energy concert.

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.





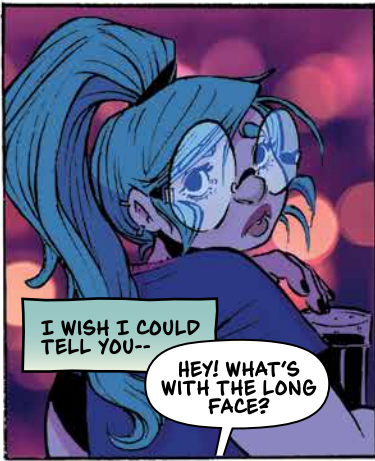
THE POINT I'M TRYING TO  
MAKE IS...THERE'S ALWAYS  
A MOMENT WHEN YOU  
BECOME AWARE OF WHO  
YOU ARE, AND IT HURTS.

REALLY BAD.



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

SOMETIMES, YOU'RE  
PRETTY FAR OFF  
THE MARK.



HEY! WHAT'S WITH THE LONG FACE?





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!

HEEY!



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?



YOU'RE MY BEST FRIEND. YOU KNOW THAT, RIGHT BABE?

IT'S STARTING TO SINK IN. THIS IS ONLY THE 50TH TIME YOU'VE TOLD ME SINCE WE LEFT THE BAR.



REALLY? WELL, THAT'S BECAUSE I WANT TO MAKE ABSOLUTELY SU--HEURK! HOLD ON A SEC.



BLEEAARGH!

YOU ARE SO GROSS WHEN YOU DRINK TOO MUCH.



YEAH, I'M A REAL DUMPSTER FIRE...JUST CAN'T RESIST A NICE DRINK OR A NICE ASS. LIKE THAT ONE BARTENDER'S...



...YOURS S'NOT SO BAD EITHER, HONEY. TOO BAD I'M NOT--

YOU'RE BABBLING.

ME? NEVER! BURP!



I'LL NEVER MAKE IT. LEAVE ME HERE.



NOT HAPPENING. I KNOW YOU TOO WELL. SOMETIME IN THE MIDDLE OF THE NIGHT YOU'LL START SINGING AT THE TOP OF YOUR LUNGS, AND THEN ALL THE NEIGHBORS WILL HATE ME.

I THINK YOU'RE DRUNK, MINDY. YOU'RE NOT MAKING ANY SENSE!



HOME SWEET HOME! HEY, WEIRD...THIS DOESN'T LOOK LIKE MY PLACE.

THAT'S 'CAUSE IT'S MINE.



MMM... YOU'VE GOT A COZY SOFA.



HOW ABOUT A GLASS OF WATER?

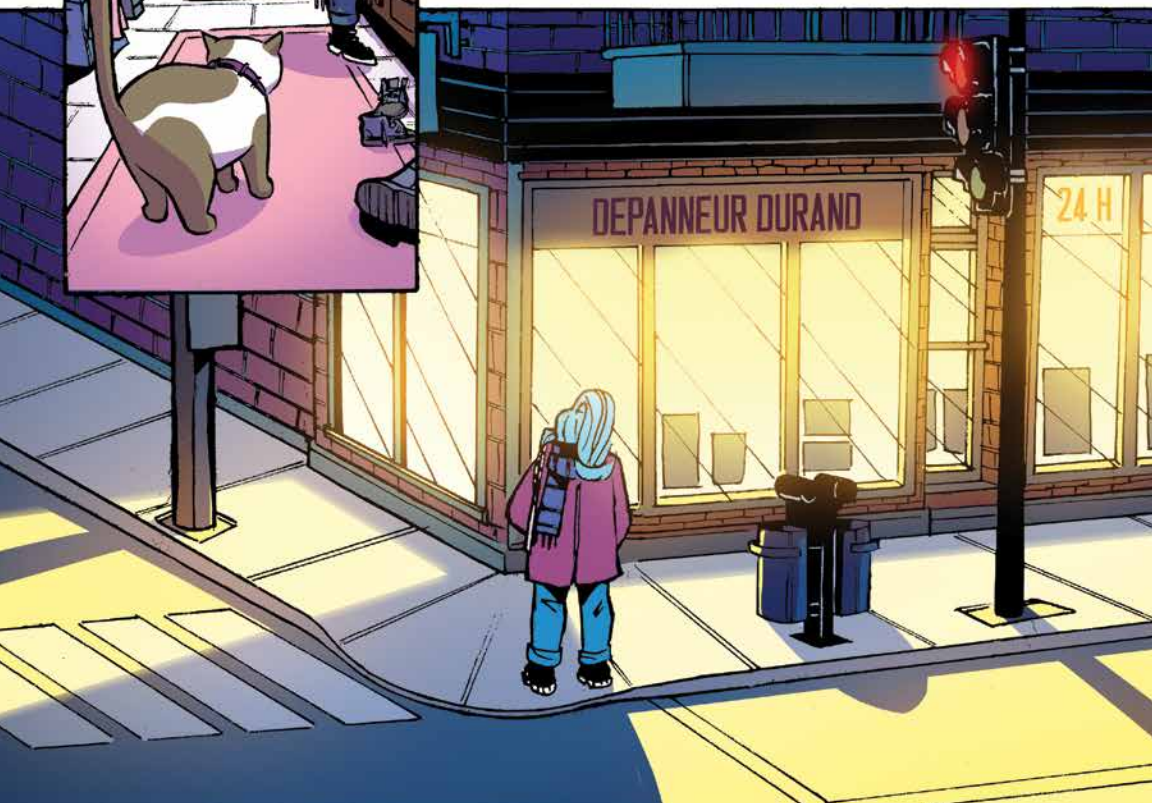
ZZZZZ...

MEOW?



YOU HUNGRY, JABBA?

MEOW! MEOW!







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?



OH, JUST BABYSITTING A 25-YEAR-OLD.



"TRY EAT, AND LOVE YOURSELF, THE CHOCOLATE THAT WILL CHANGE YOUR LIFE."  
NEVER SEEN THIS ONE BEFORE. IS IT NEW?



YEAH. SOME TINY COMPANY OUT IN THE NORTHERN WOODS, APPARENTLY.



I LIKE SUPPORTING LOCAL BUSINESSES. I'LL TAKE IT!  
HELL YEAH!



THANKS FOR STOPPING BY AND CHATTING, MINDY. SAY HELLO TO YOUR FRIEND FOR ME.  
I SURE WILL, JONAZ. GOOD LUCK STAYING AWAKE!











"CREAMY AND DELICIOUS, EVERY BITE OF THIS DELUXE BAR WILL BRING BACK YOUR FONDEST CHILDHOOD MEMORIES. A REAL TASTE OF YESTERYEAR."

YEAH, NO THANKS. THERE ARE DEFINITELY SOME PARTS OF MY CHILDHOOD I'D RATHER LEAVE WHERE THEY ARE.







?



HEY, MINDY!

THINK THIS IS FOR YOU.



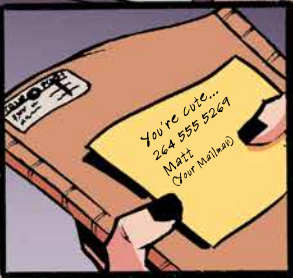
THANKS! SORRY ABOUT HOW I'M DRESSED. I WAS UP LATE, AND...

DON'T SWEAT IT, I'M USED TO IT.



HAVE A GOOD ONE! SEE YOU!

?











**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!

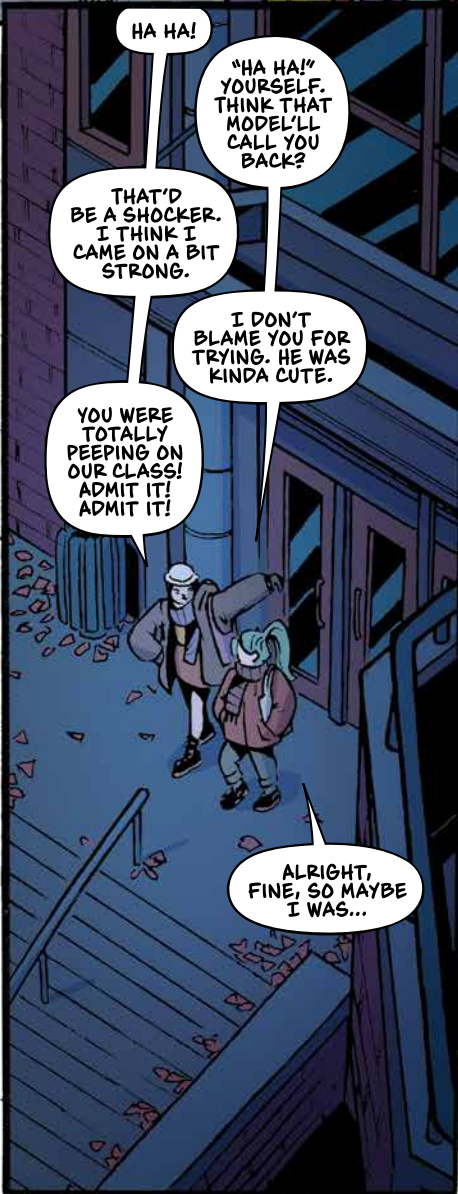
MINDY, WHAT ARE YOU DOING HERE?



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!

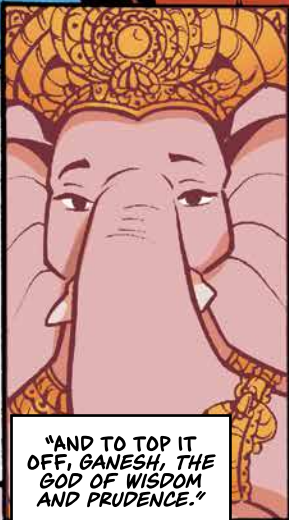
UH-HUH.



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

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

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





YOU REALLY WANNA KNOW?

OK, HERE GOES. FIRST OF ALL, YOU GOT HIT ON IN A CLUB. NO MISTAKING THAT.

IF YOU SAY SO.

MUNCH MUNCH



YOU REFUSE TO SEE WHAT'S RIGHT IN FRONT OF YOU. PEOPLE DIG YOU, MIN, BUT FOR SOME REASON, YOU'RE DETERMINED TO BE ALONE.

JUST... MUNCH MUNCH...



...WHO WOULD WANT... MUNCH MUNCH...ME, ANYWAY?



MINDY?

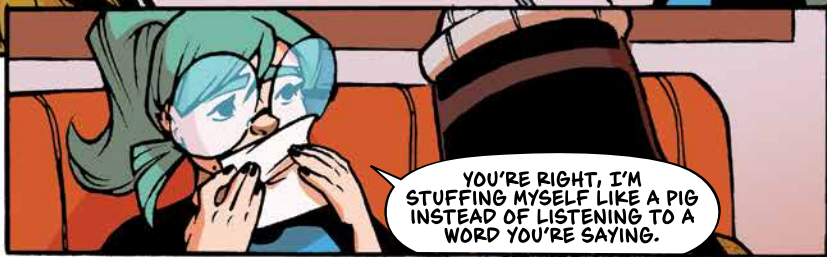


HMMM? MUNCH MUNCH...YES?

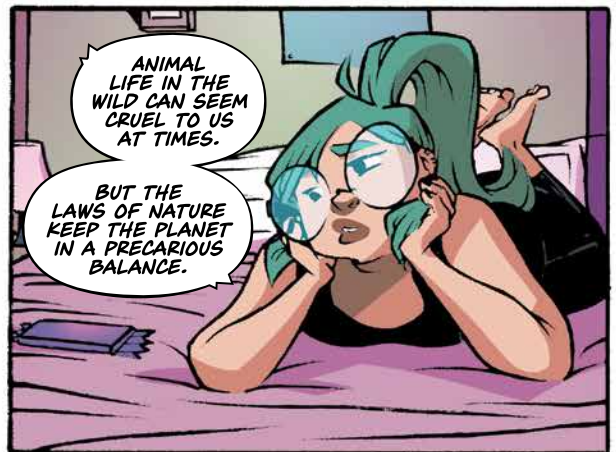
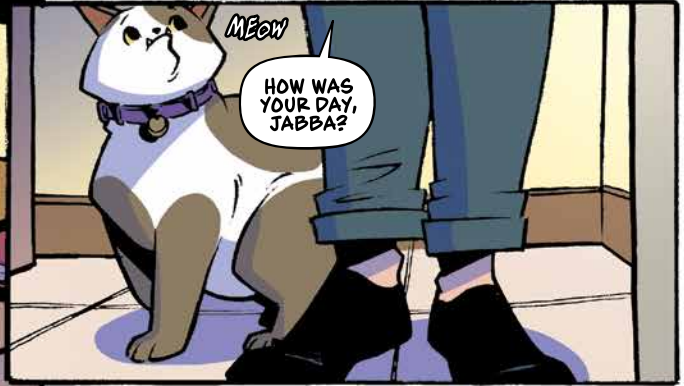


MINDY...

WOULD YOU STOP EATING FOR A SECOND, AND TALK TO ME?



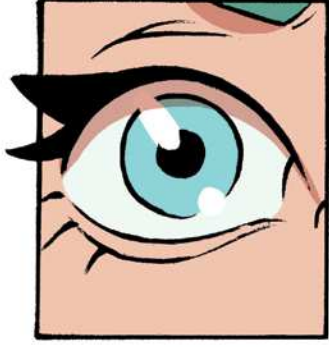


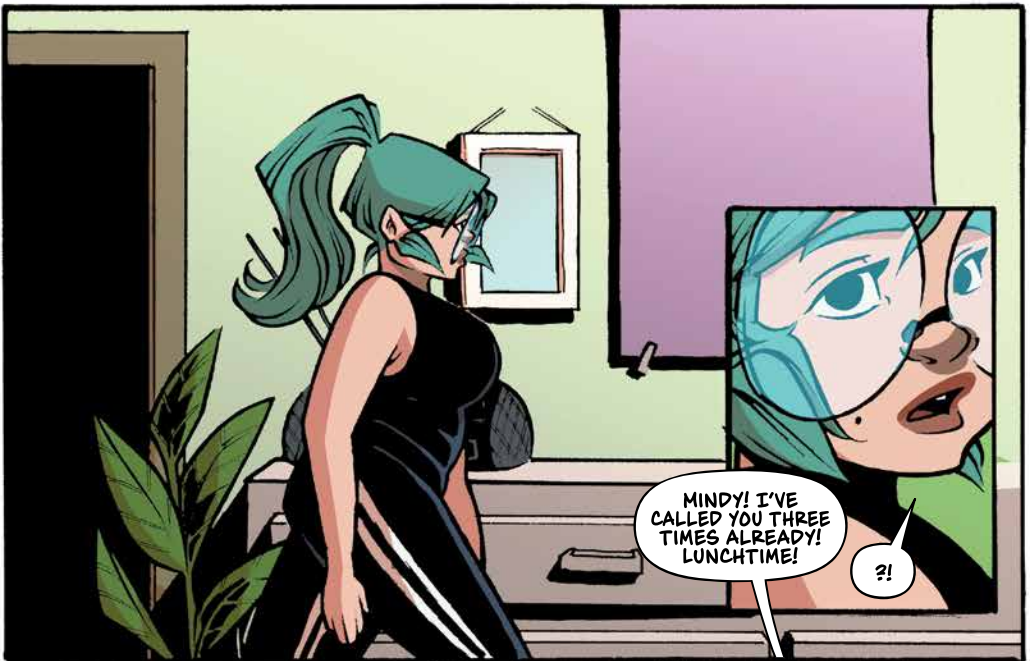




THUS PRESERVED,  
BIODIVERSITY ENSURES  
ALL LIVING CREATURES WILL  
BE ABLE TO PASS THEIR  
GENES ON TO THE NEXT  
GENERATION.

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





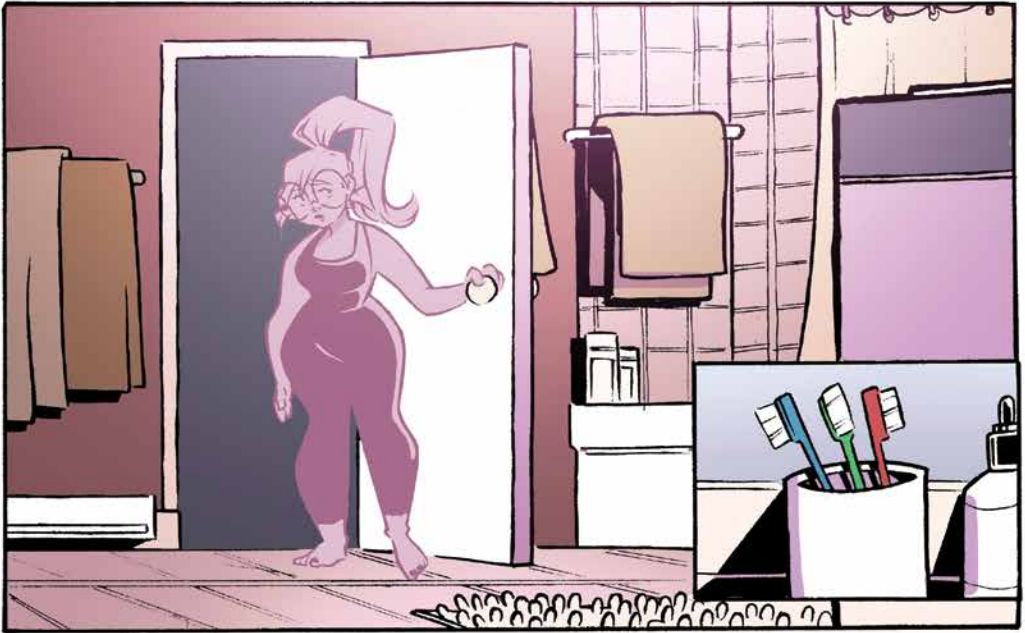
MINDY! I'VE CALLED YOU THREE TIMES ALREADY! LUNCHTIME!

?!

WHAT  
THE--?





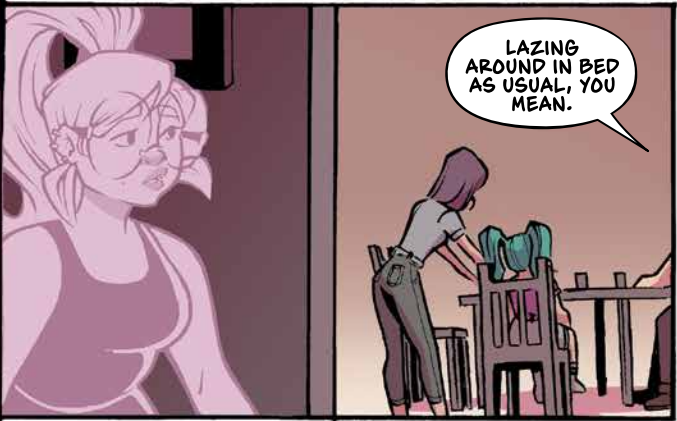


WHAT THE HELL IS GOING ON?



YOUNG LADY,  
YOU COME WHEN  
I TELL YOU.

SORRY.  
I WAS DOING  
SOMETHING IN  
MY ROOM.



LAZING  
AROUND IN BED  
AS USUAL, YOU  
MEAN.



OH, LET HER BE.  
CAN'T YOU SEE SHE'S NOT  
FEELING WELL?

LET HER BE?  
I LET HER BE ALL  
DAY LONG, AND WHAT DOES  
SHE DO? NOTHING! SHE  
SHOULD BE FINE!

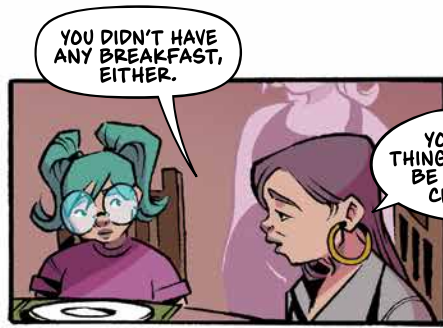


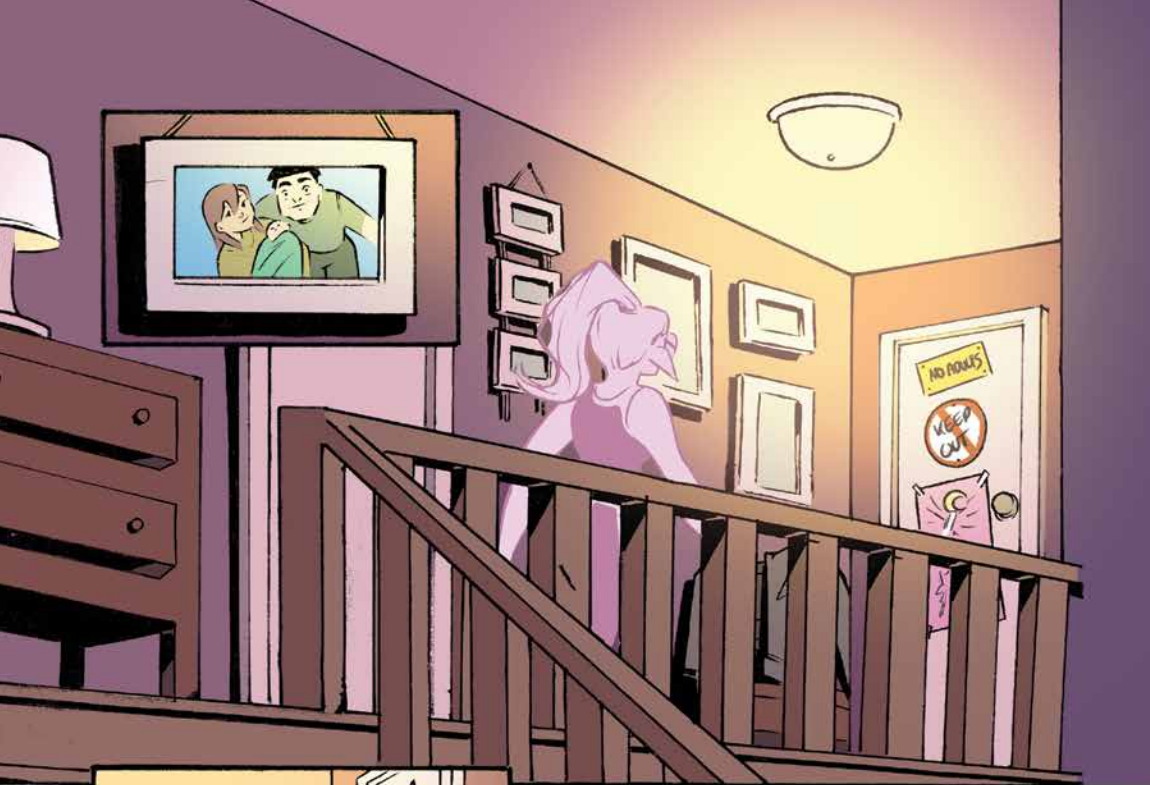
SHE'S JUST  
NOT FEELING WELL.  
THAT'S ALL THERE  
IS TO IT.

MOMMY...



EAT UP, MINDY.  
AFTERWARDS,  
WE'LL GO SHOPPING  
AT THE MALL.















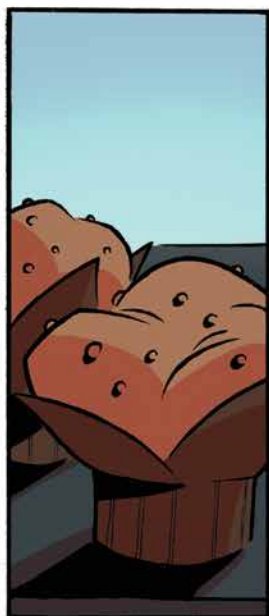






**SLAM**







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?

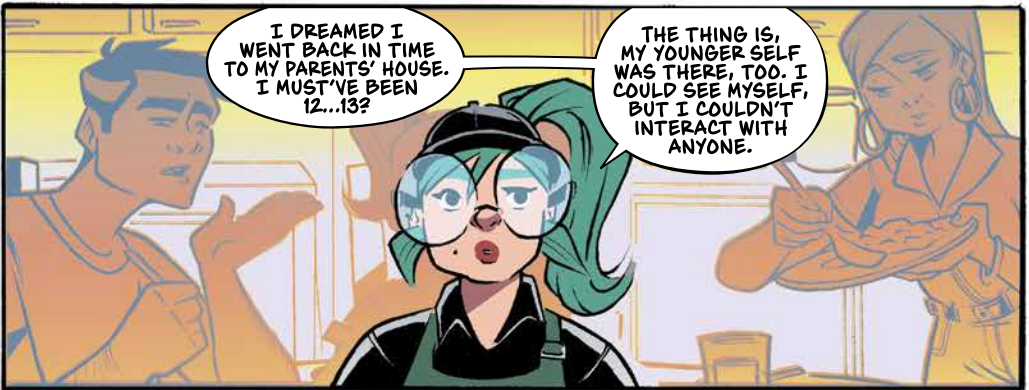


MY MOM TAUGHT ME. SHE USED TO DO IT FOR THE WHOLE FAMILY.

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?





IF YOU ASK ME, YOU SHOULD CALL AND CHECK UP ON THEM. THE FACT THAT YOU FOUND YOURSELF BACK IN YOUR OLD HOUSE DEFINITELY EXPRESSES AN UNCONSCIOUS NEED TO BE NEAR THEM.

WHEN YOU DREAM OF A LOVED ONE YOU DON'T LIVE WITH, IT'S USUALLY BECAUSE SOMETHING'S HAPPENED TO THEM. DREAMING IS A WAY FOR YOU TO REMEMBER THEY EXIST, AND YOU MISS THEM.



YOU MIGHT BE RIGHT. I'LL THINK ABOUT IT. THANKS, LAETITIA.

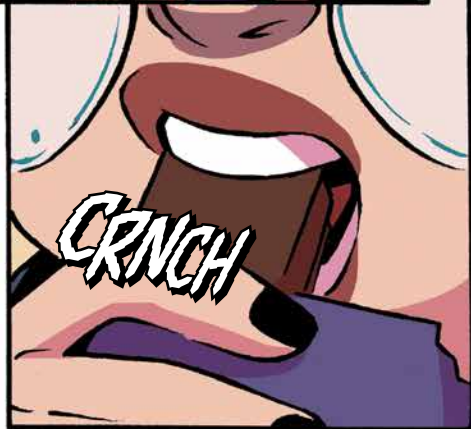


A PHONE CALL IS FAST AND PAINLESS. TRY IT. I'M GOING BACK ON SHIFT. TIME TO HELP ARTHUR MAKE THE MUFFINS.

OK. I'LL BE OUT IN FIVE.







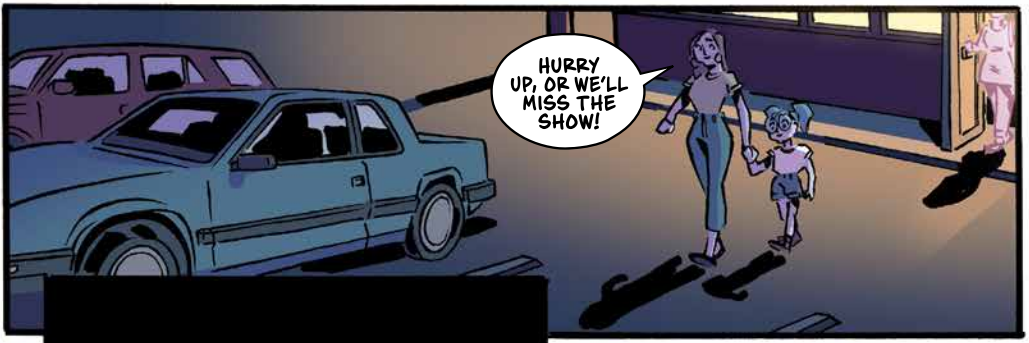










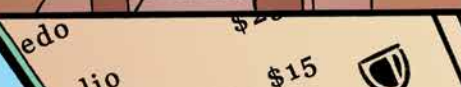
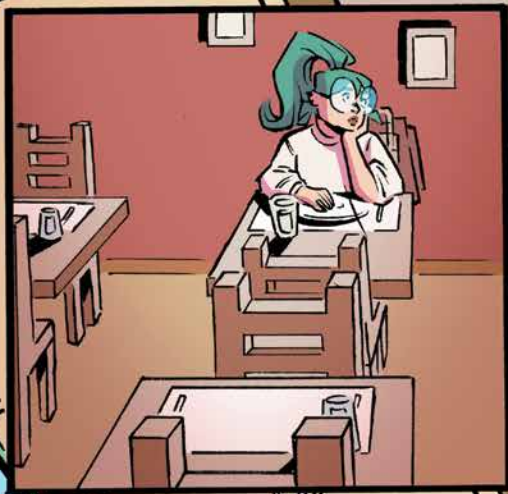


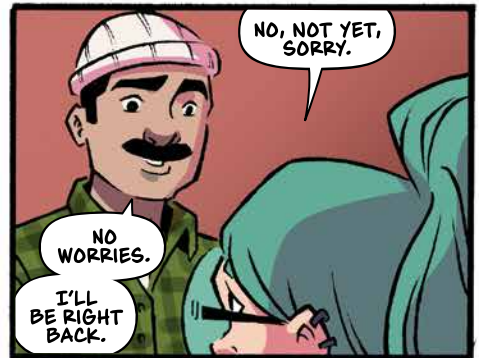


















YOU'RE UP, MATT!

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.



WELL? WHAT ARE YOU WAITING FOR?

?

GO AFTER HIM!

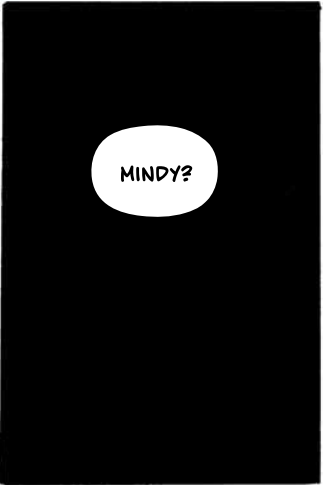
YOU KNOW YOU WANT TO!

WHAT ARE YOU, SCARED?

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



LEAVE ME ALONE. LEAVE ME ALONE!!



MINDY?



YOU OK?  
...



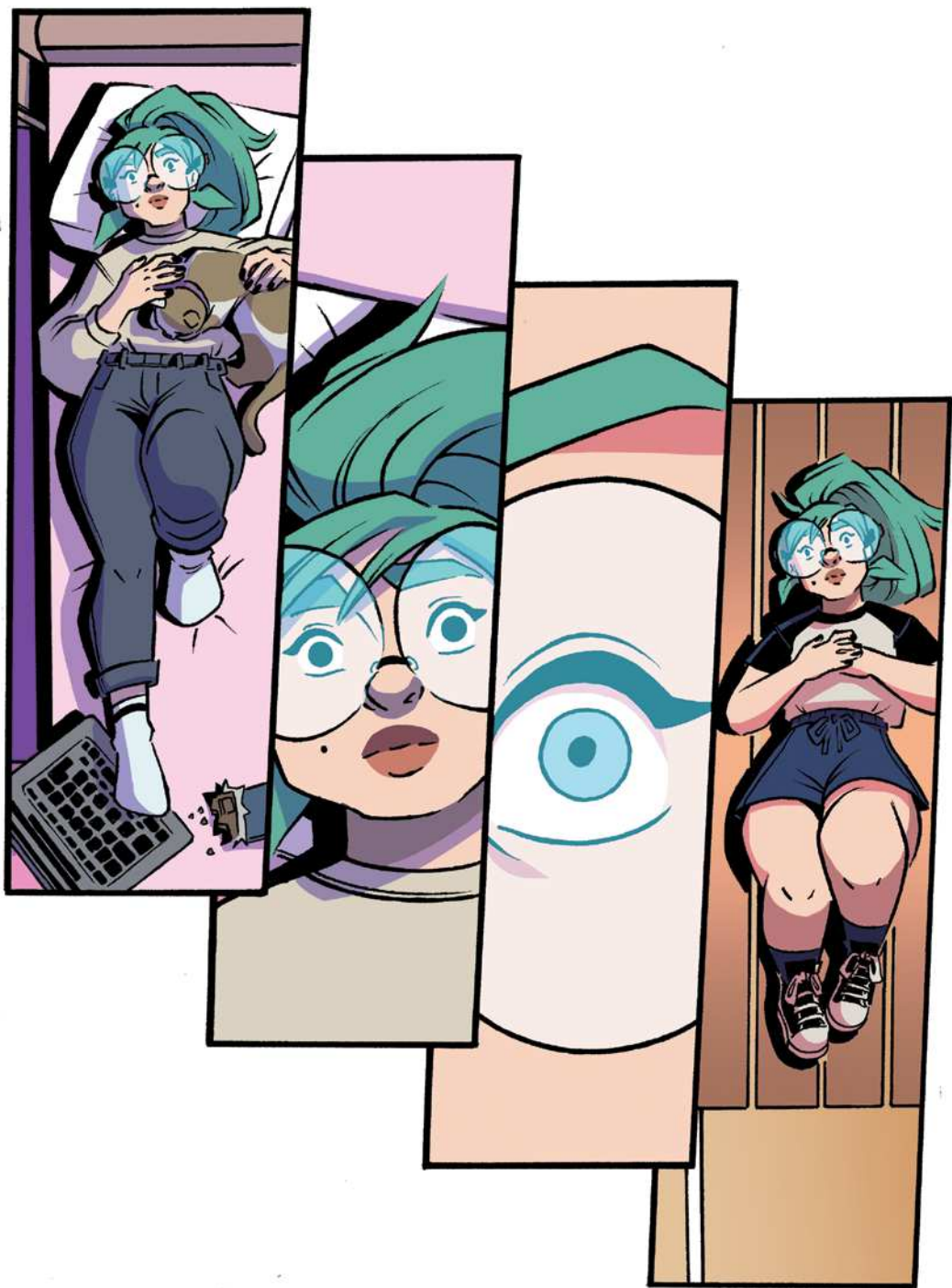
SORRY.  
GOTTA  
RUN.

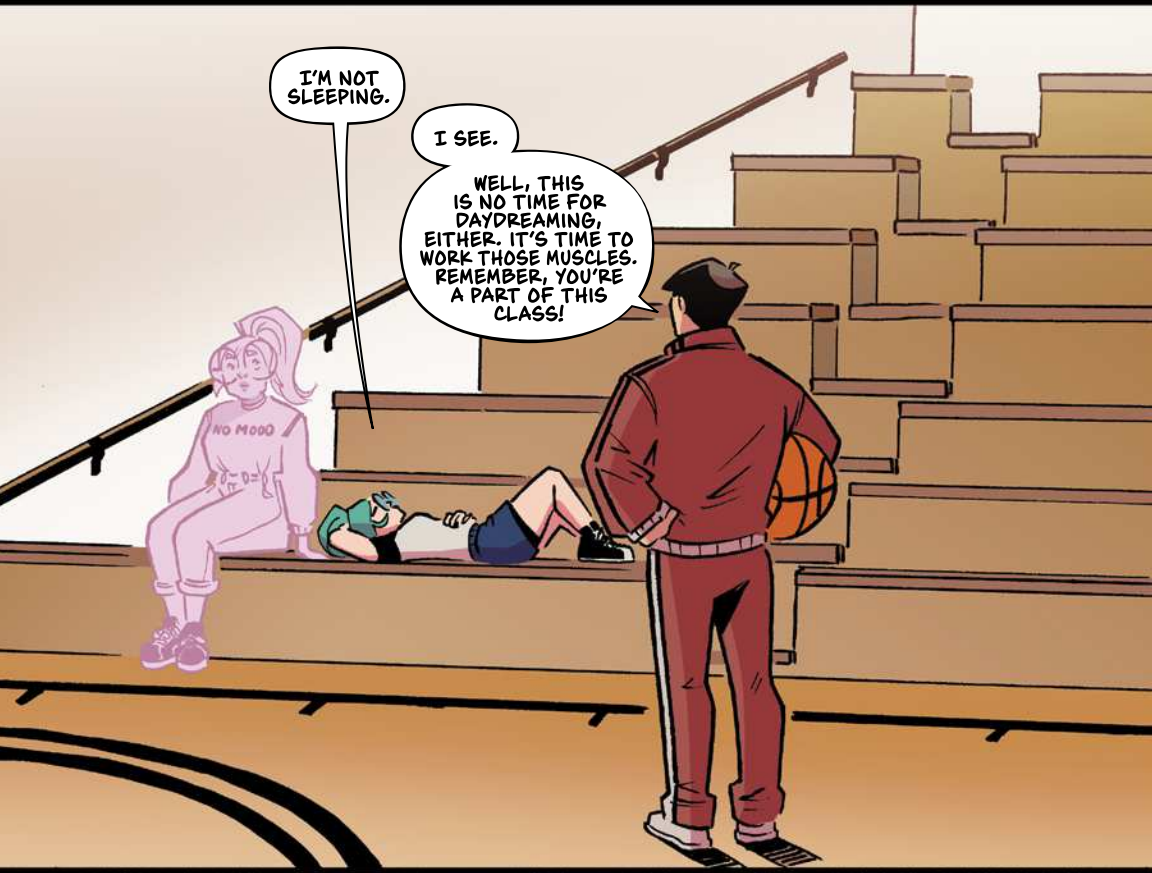


MINDY!  
WAIT!











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



OH MY GOSH.  
YOU OK?

IT HIT ME RIGHT IN THE EYE.



HE'S FINE. EVERYONE ELSE KEEP PLAYING!



I CAN'T SEE ANYTHING. THINK IT'S SERIOUS?

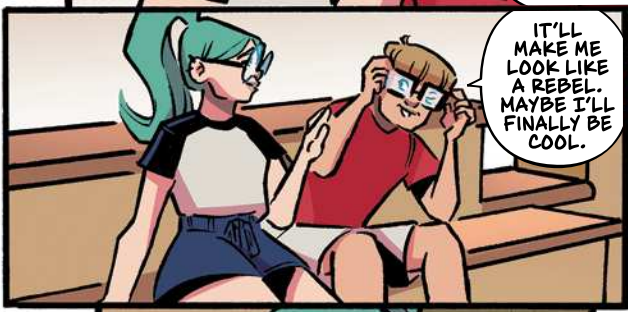
IT LOOKS OK.

BUT YOU'RE GOING TO HAVE ONE HECK OF A SHINER.



WELL, GIRL-PEOPLE, MOSTLY. CAN'T SAY I'VE HAD A LOT OF LUCK.

I THINK YOU'RE PRETTY COOL THE WAY YOU ARE.

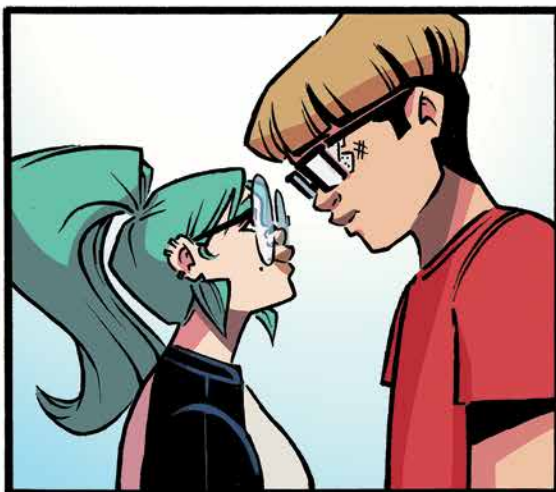


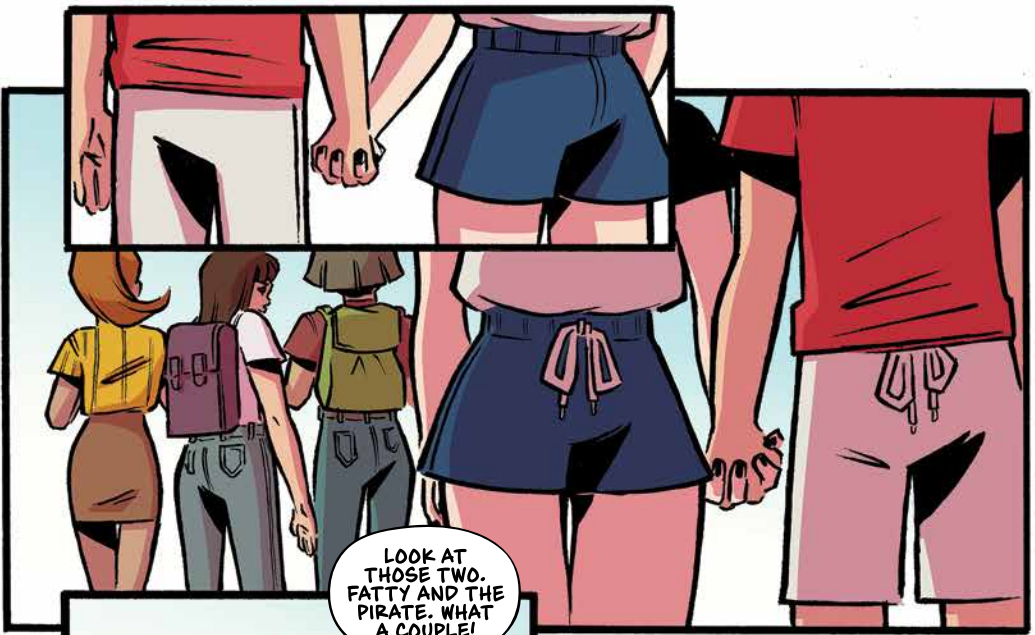
IT'LL MAKE ME LOOK LIKE A REBEL. MAYBE I'LL FINALLY BE COOL.



DO YOU THINK YOU HAVE TO BE A REBEL FOR PEOPLE TO LIKE YOU?

IT'S REALLY NICE OF YOU TO SAY THAT.







MINDY!  
WAIT!



I'M SORRY.  
THEY'RE SO  
STUPID.



MINDY?



GO AWAY.  
I WANT TO BE  
ALONE.

IS THIS  
ABOUT WHAT  
SHE SAID? SHE'S  
FULL OF IT, AND  
I THINK YOU'RE  
BEAUT--

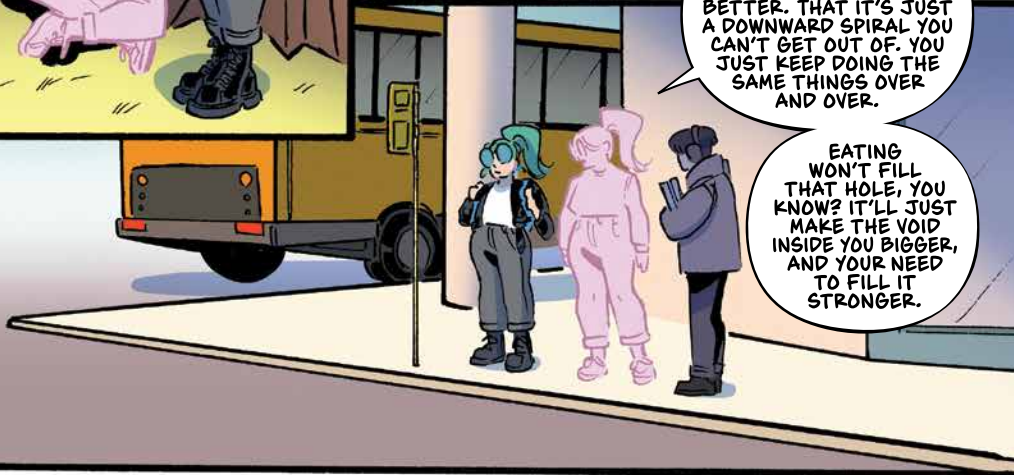


IT'S NOTHING  
AGAINST YOU,  
ELLIOTT. I'M THE  
PROBLEM. I'LL  
CALL YOU  
SOON.











THAT PLACE INSIDE YOU, THAT EMPTINESS...IT'LL TURN INTO FEAR, ANXIETY.



MINDY, WHY CAN'T YOU HEAR ME?



MINDY! I WAITED FOR YOU AFTER SCHOOL. WHERE'D YOU GO?

I HAD SOME LATE HOMEWORK TO HAND IN TO MRS. BEAULIEU.



SNIF SNIF SNIF

HEY! WHAT ARE YOU DOING?

YOU SMELL LIKE CHOCOLATE. YOU WENT AND STUFFED YOUR FACE AGAIN.



WHATEVER! I HAVEN'T EATEN SINCE...

YOU KNOW, YOU'RE NEVER GOING TO GET ELLIOTT THAT WAY.





ELLIOTT AND I KISSED.



NO WAY!

I SWEAR!



THAT'S AWESOME!  
HOW WAS IT?

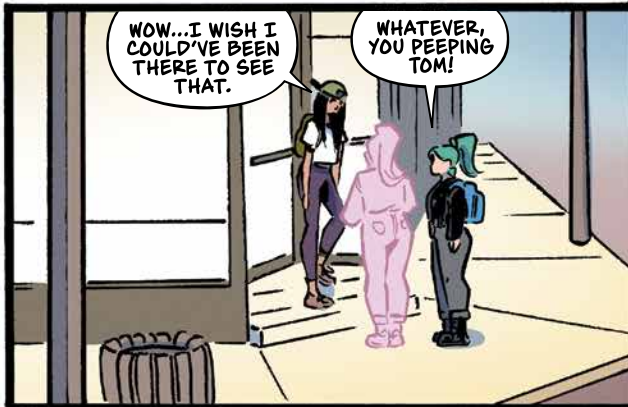
UH...  
NORMAL..



NORMAL?  
YOU SAY THAT  
LIKE YOU'RE  
SOME KIND OF  
EXPERT OR  
SOMETHING!

DID YOU  
SEE ANYTHING  
UNUSUAL? STARS?  
BUTTER-  
FLIES?

NO, IT  
WAS JUST...  
SOFT AND  
WET.



WOW...I WISH I  
COULD'VE BEEN  
THERE TO SEE  
THAT.

WHATEVER,  
YOU PEEPING  
TOM!



YEAH, I  
ADMIT IT.

I'M THIRSTY.  
WANT SOME-  
THING?





**BOOP  
BOOP**



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!

EAT! EAT!  
EAT!

?!

EAT! EAT!  
EAT!

**NO!**

EAT! EAT!  
EAT!

!!



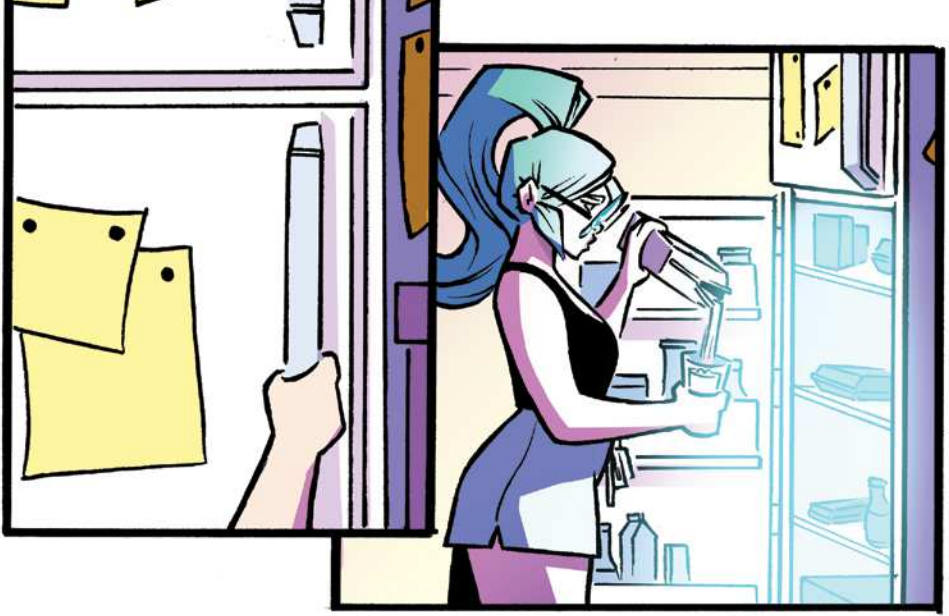
EAT! EAT!  
EAT!

EAT! EAT!  
EAT!

EAT! EAT!  
EAT!

**No!!!**





GRRRMMMM









A DOUBLE ESPRESSO, PLEASE.



MY DADDY SPILLED THE WHOLE THING!



COLD WATER, NO ICE, PLEASE.



DUNNO WHAT'S GOING ON TODAY, BUT SOME OF THE CUSTOMERS ARE BEING REAL JERKS, HUH?

MM-HMM.



I'LL LET YOU FINISH UP. OH, AND DON'T FORGET TO SET THE ALARM.

MM-HMM.



I'M SORRY...



OH, HI SHAE.



MINDY, I...

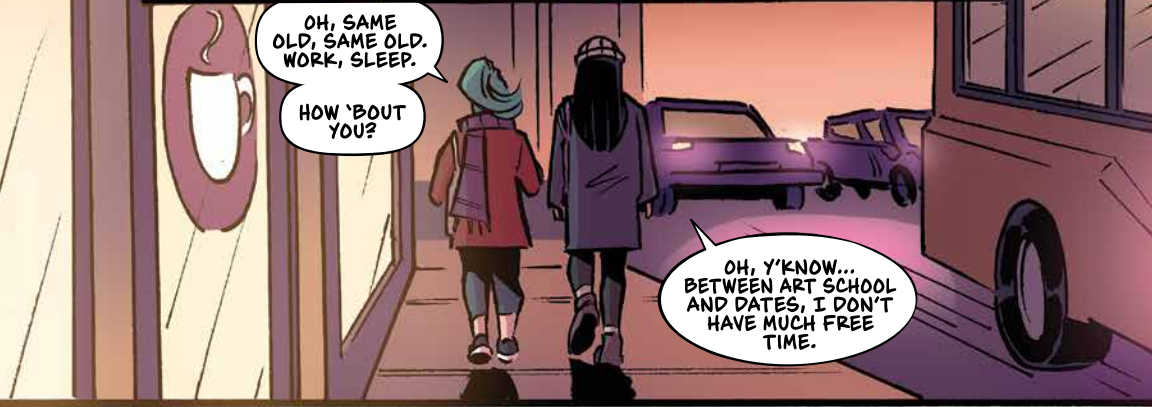


I'M HEADED THIS WAY. WALK WITH ME?



OH, UH... SURE. LOVE TO.

SO... WHAT'S UP?



OH, SAME OLD, SAME OLD. WORK, SLEEP.

HOW 'BOUT YOU?

OH, Y'KNOW... BETWEEN ART SCHOOL AND DATES, I DON'T HAVE MUCH FREE TIME.



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.



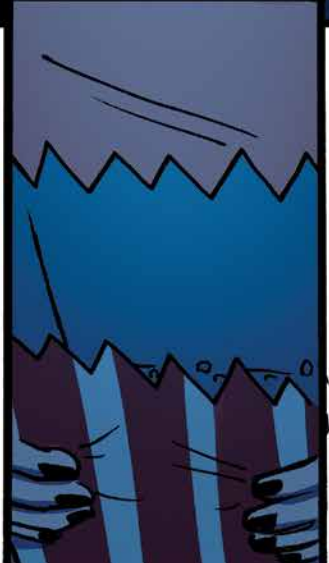
BUT MINDY, I--



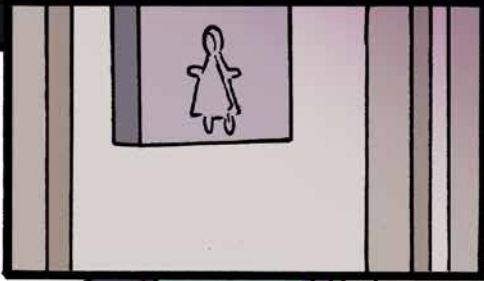
I THINK I JUST NEED TO TAKE SOME SPACE, SHAE. I'LL CALL YOU WHEN I'M READY TO TALK AGAIN.



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

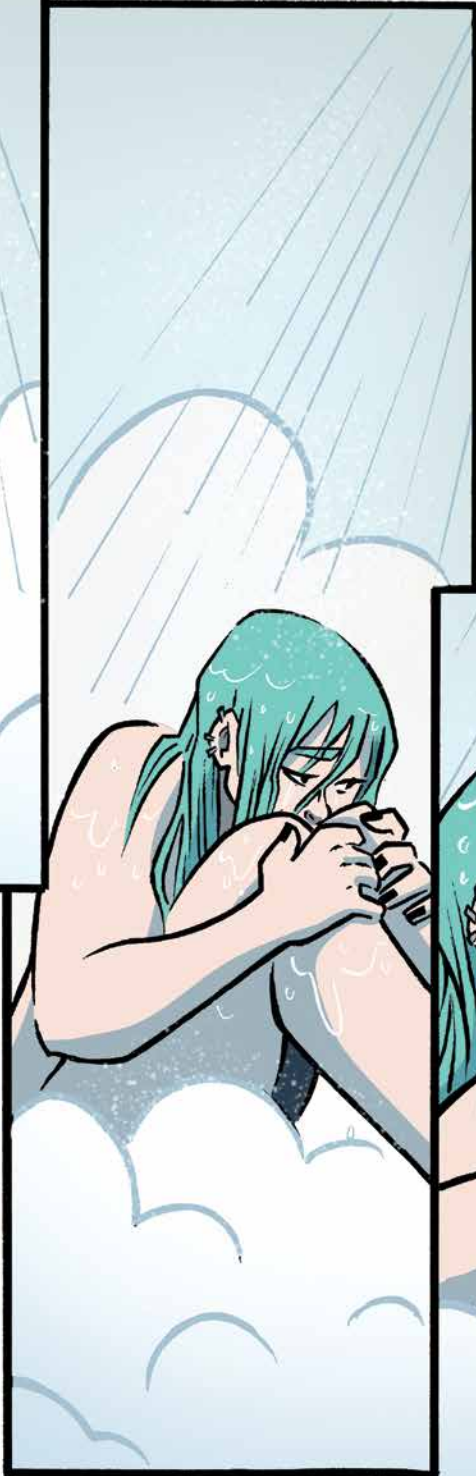
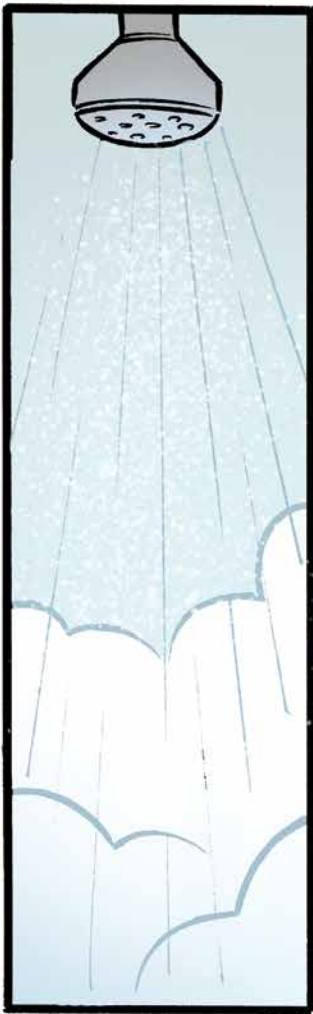


# The End

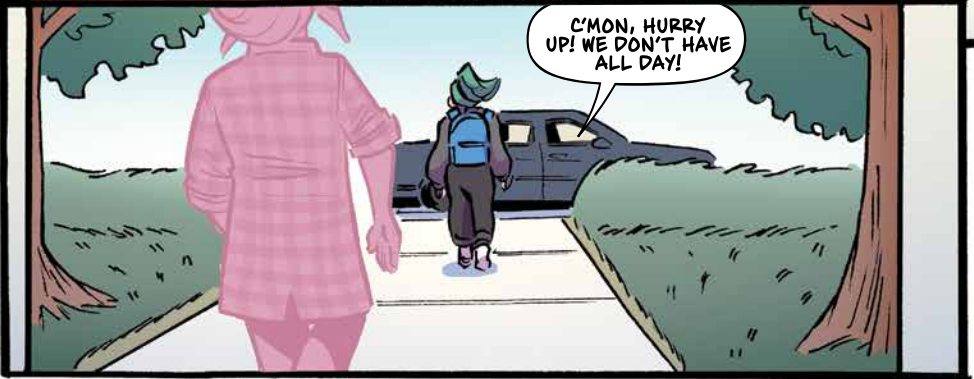


**BLEARRGH!**











ALL BUCKLED IN?

YES, MOM.



I HOPE THERE'S NOT TOO MUCH TRAFFIC.



I JUST DON'T UNDERSTAND WHY YOU'RE NEVER READY FOR YOUR APPOINTMENTS. YOU KNOW PERFECTLY WELL THAT DR. KLEINBERG DOESN'T TAKE LATE PATIENTS.

ARE YOU DOING THIS ON PURPOSE?



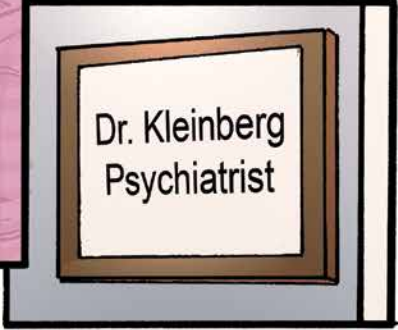
NO, MOM.



THEN WHY ARE YOU ALWAYS DRAGGING YOUR FEET? YOU KNOW YOU'RE ONLY GOING TO SEE HIM FOR YOUR OWN GOOD, DON'T YOU?



YES, MOM. I KNOW.






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.



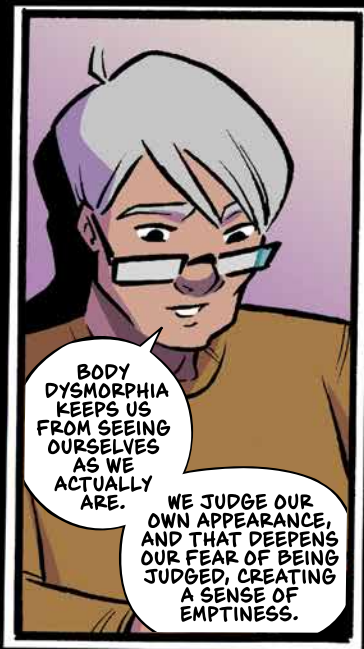
TRIGGERS FOR THIS CAN COME FROM ANYWHERE-- TELEVISION, MAGAZINES, OUR FAMILY AND FRIENDS...

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



HI, MINDY.  
HOW'S IT  
GOING?

GREAT, GLORIA.  
I'LL HAVE A VANILLA-  
CHOCOLATE SWIRL  
TOPPED WITH CARAMEL  
SAUCE, WHIPPED CREAM,  
AND SPRINKLES!  
THANKS!

COMING  
RIGHT UP.  
HAVE A  
SEAT.



HERE  
YOU GO, DEAR.  
ENJOY!

THANKS,  
GLORIA. I  
COULD EAT  
A HORSE!





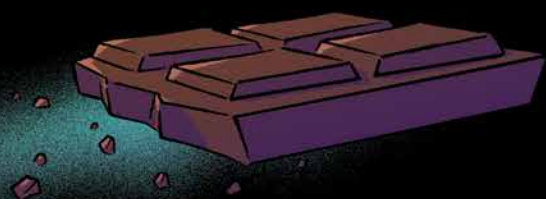
?!

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.

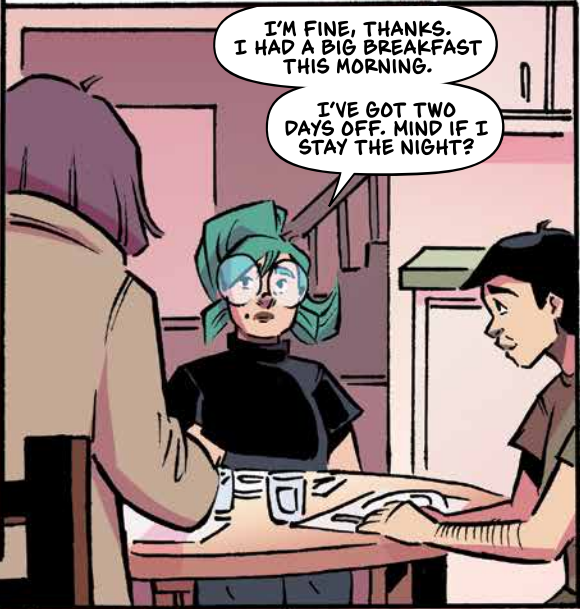
LUNCHTIME, EVERYONE!

YOU MUST BE HUNGRY FROM THE DRIVE!



YOU'VE BARELY TOUCHED YOUR PLATE.

YOU SURE YOU DON'T WANT ANYTHING?



I'M FINE, THANKS. I HAD A BIG BREAKFAST THIS MORNING.

I'VE GOT TWO DAYS OFF. MIND IF I STAY THE NIGHT?

ARE YOU KIDDING? STAY AS LONG AS YOU'D LIKE, SWEETIE.

WE'VE KEPT YOUR ROOM NICE AND CLEAN.



I'VE GOT TO GET BACK TO WORK, BUT I'LL SEE YOU AGAIN TONIGHT?

SURE!



I'LL LEAVE YOU TWO TO IT.









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!



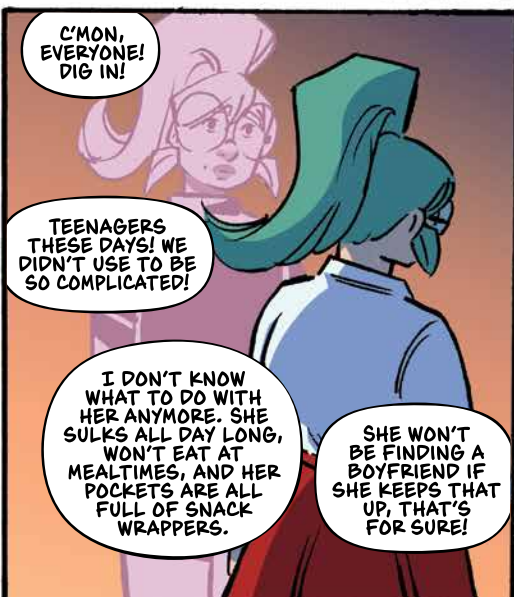
YOU CUT THAT OUT! IT'S CHRISTMAS. WE'RE HERE TO BE TOGETHER AS A FAMILY.



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!

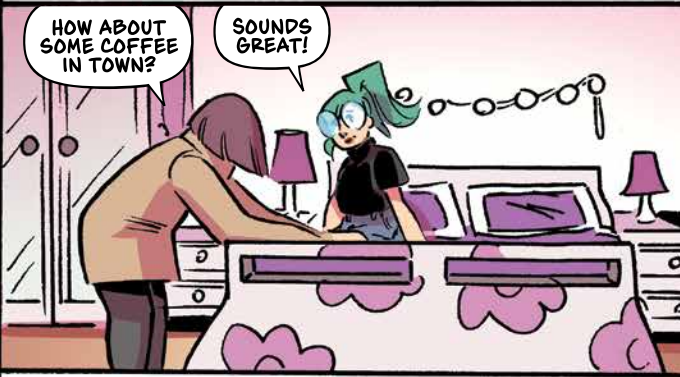
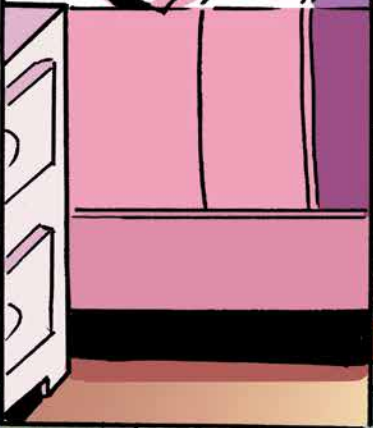
TEENAGERS THESE DAYS! WE DIDN'T USE TO BE SO COMPLICATED!

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.

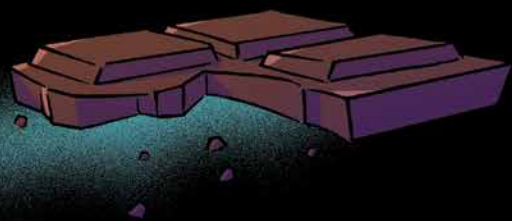
SHE WON'T BE FINDING A BOYFRIEND IF SHE KEEPS THAT UP, THAT'S FOR SURE!



I'M SO SORRY...











NEED ANYTHING WHILE WE'RE HERE?

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

PAULIE'S

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.

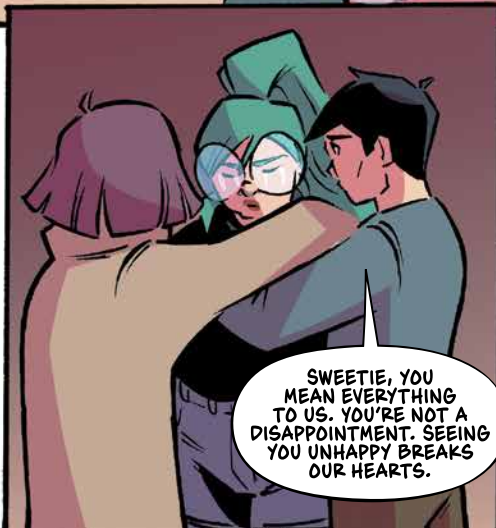


I CAN'T SEEM TO BE HAPPY, NO MATTER WHAT I TRY. THERE'S NO POINT REMINDING ME!



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.

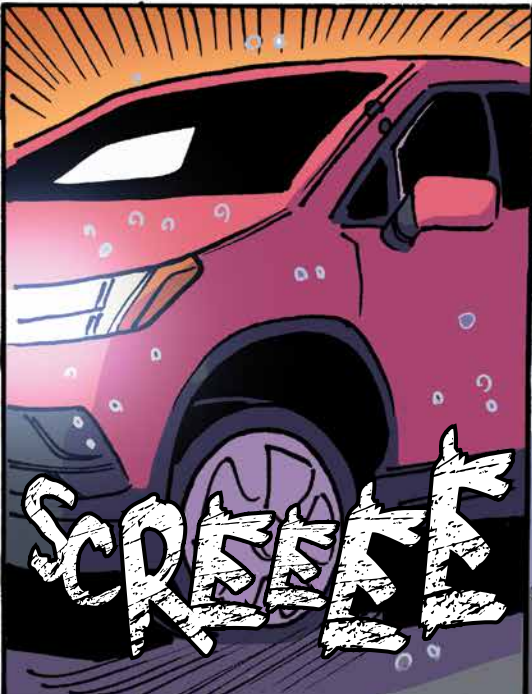
OKAY,  
SWEETHEART.

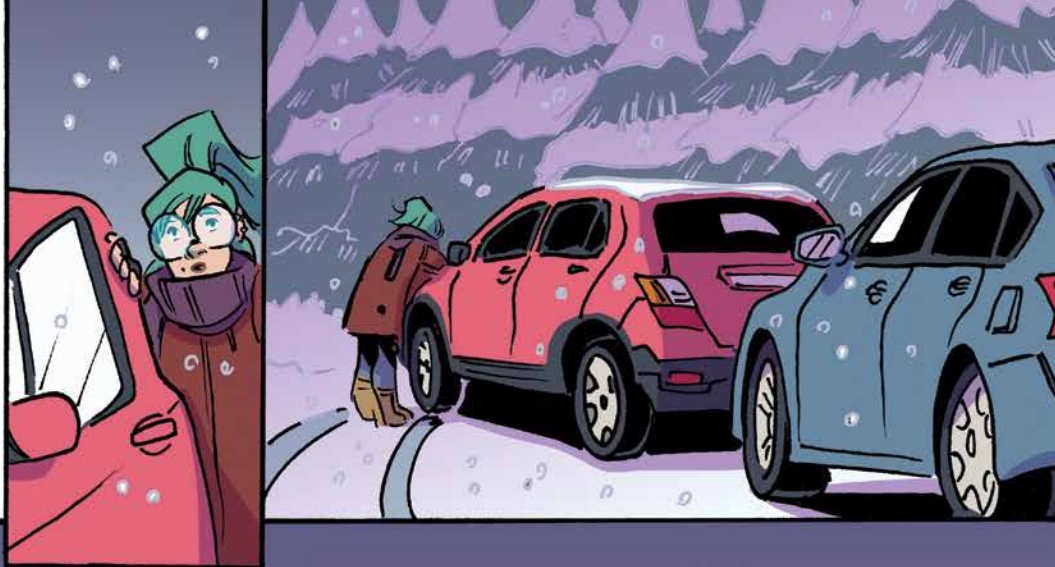
I'M...

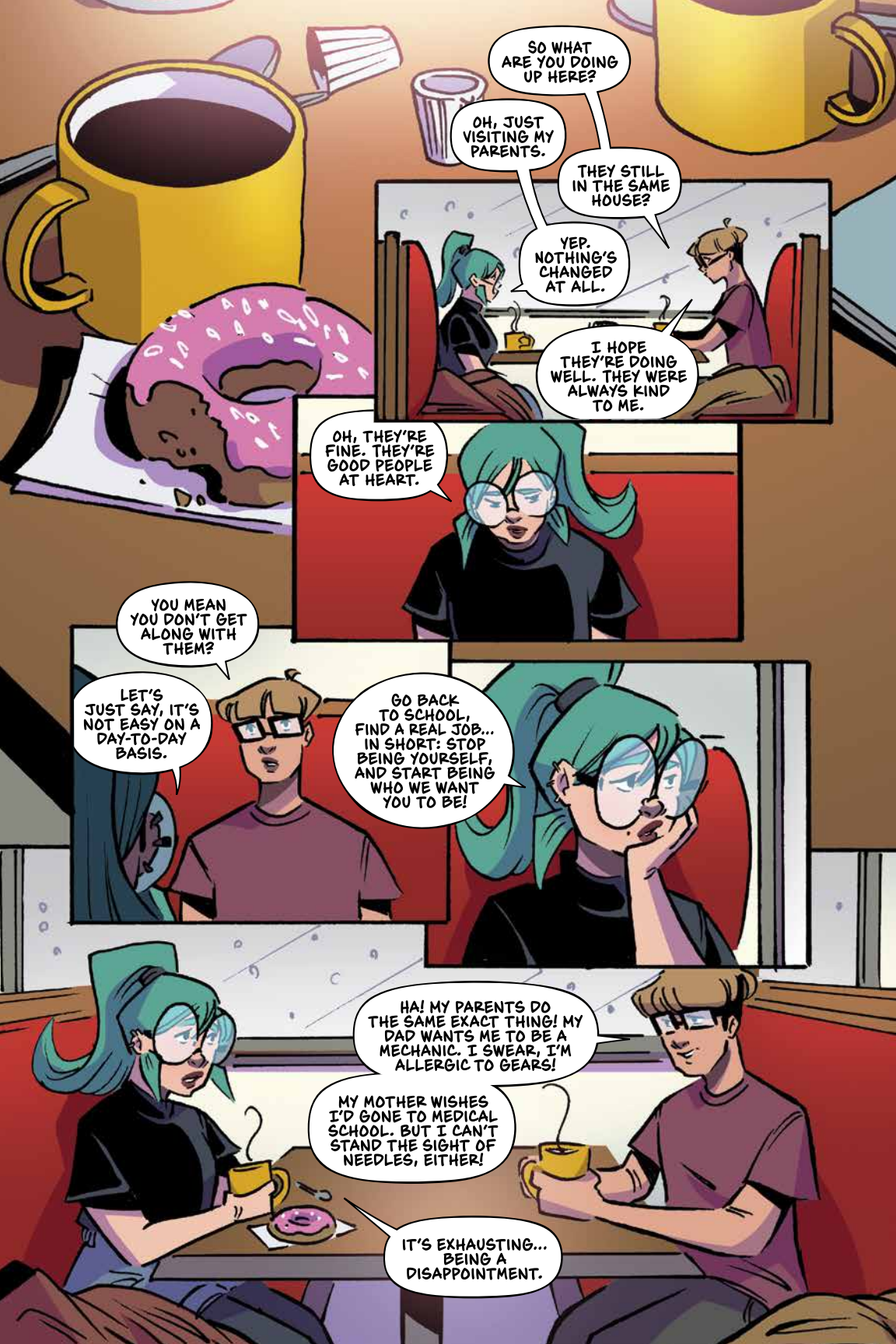
I'M  
JUST SO  
SORRY.

I KNOW,  
MOM. I  
KNOW.









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.



I GUESS PARENTS ARE PRETTY MUCH THE SAME ALL OVER.

THEY JUST WANT WHAT'S BEST FOR US. EXCEPT SOMETIMES THEY GO ABOUT IT THE WRONG WAY.



BUT I DOUBT YOU'RE A DISAPPOINTMENT, MINDY.



I WAS ALWAYS FASCINATED BY YOU.



WH-WHAT?



ALL THOSE YEARS IN SCHOOL TOGETHER? YOU WERE THE COOLEST PERSON, COMPARED TO EVERYONE ELSE. I WAS SO CRAZY ABOUT YOU.



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.





HA! WELL, I THINK THIS IS PRETTY REAL.

HEH...I'M GLAD.



YOU HAVEN'T CHANGED, YOU KNOW.



YOU NEITHER.



SORRY FOR WHAT I PUT YOU THROUGH BACK IN SCHOOL.



IT WAS...COMPLICATED. BUT IT ALWAYS IS. PEOPLE AREN'T ALWAYS NICE.

YOU WERE ALWAYS NICE TO ME.  
ELLIOTT...



YEAH?

I NEVER UNDERSTOOD HOW A GUY LIKE YOU COULD LIKE A GIRL LIKE ME. Y'KNOW, WITH MY...BODY.



WHAT?



YOU'RE...PERFECT, MINDY. BECAUSE YOU'RE YOU. I WOULDN'T WANT YOU ANY OTHER WAY.



I'D LIKE TO SEE MYSELF THE WAY YOU SEE ME.

I THINK THAT JUST TAKES TIME.



UM.  
WALK YOU HOME?

...YOU KNOW WHAT? I HAVE SOME STUFF I NEED TO THINK ABOUT. BUT I'LL CALL YOU SOON.

FOR REAL THIS TIME.





...

HI.

I DON'T WANT TO BE AFRAID OF YOU ANYMORE. I DON'T WANT TO BE AFRAID OF ME.

I SEE HOW HARD YOU'VE TRIED IN THE FACE OF EVERYTHING. I KNOW HOW DIFFICULT IT'S BEEN.



AND... AND I LOVE YOU.



I WANT TO BREAK THE CYCLE. FOR ME.

AND I'M GOING TO BE OKAY.



I'M GOING TO BE GREAT.







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™**