

The Am I Hungry?® Mindful Eating for Binge Eating Program Virtual Support Group

now being offered by Co-Creator and Eating Disorder Specialist,
Kari Anderson DBH, LPC, CEDS-S



Live Group **starts July 11**, Thursday Evenings, 5:00 – 6:30 PM Pacific

Kari@myEatingDoctor.com

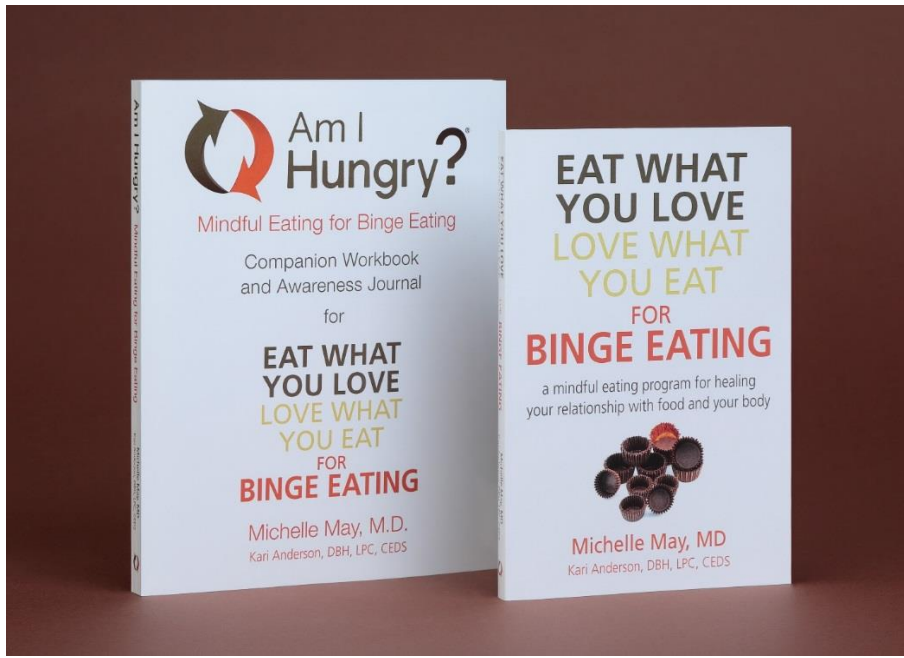
Heal Your Relationship with Food and Your Body

If you struggle with emotional eating and/or binge eating, discover a whole new way to relate to food.

Claim the Big Life That's Been Waiting for You!

- Stop obsessing about food, eating, and your weight.
- Resolve and naturally respond to your emotional drivers of binge eating
- End mindless and emotional eating.
- Become the expert in yourself—knowing when, what, and how much to eat

- Eat the foods you love without fear, guilt, or bingeing.
- Never again exercise to earn food or punish yourself for eating.
- Build your self-care buffer zone and feed your appetite for life!



Together, these books, the virtual support group and Kari’s instruction will lead you through your own self-discovery and healing your relationship with food and your body. You’ll learn new, more effective ways to manage the physical, emotional, and environmental stresses you encounter each day without binge or emotional eating.

The comprehensive Am I Hungry? Mindful Eating for Binge Eating Program is a clinically valid treatment shown to stop binge eating

Thursdays, Beginning July 11, 2019 and ongoing

5:00 PM Pacific/6:00 Mountain/7:00 Central/ 8:00 Eastern 90 minutes

First Class Free; Drop in \$30; Monthly Pass \$99*

Monthly Pass* includes all Virtual Support Groups and Email Support Between Groups

Book and Workbook separate fee