

The Am I Hungry? ® Mindful Eating for Binge and Emotional Eating Program

Virtual 10 Week Course and Support Group

now being offered by Co-Creator and Eating Disorder Specialist,



Kari Anderson DBH, LPC, CEDS-S

Live Group **starts October 15th***, Tuesday Evenings
5:30 Pacific, 6:30 Mountain, 7:30 Central, 8:30
Eastern

Contact Kari@myEatingDoctor.com for a free
consultation call regarding this group and
enrollment. *Drop in option available.

Heal Your Relationship with Food, Body, Self and Others

Week One -- In Charge, Not in Control	Week
Six - Fearless Eating	
Week Two -Trust Your Body Wisdom	Week
Seven -Mindful Eating	
Week Three - It's Not About the Food	Week
Eight -Just Right	
Week Four - Change Your Mind	Week
Nine -Self Care Buffer Zone	
Week Five - What Am I Really Hungry For?	Week
Ten - My Big Life	

Together, these books, the virtual support group and Kari's instruction will lead you through your own journey of self-discovery and healing toward your food, body, self and others. You'll learn new, more effective ways to manage the physical, emotional, and environmental stressors you encounter each day without binge or emotional eating. Also, those who have attended ME-BE programs before, this is a good

refresher and support. Take the entire 10 week course or drop in when you can.

5:30 PM Pacific/6:30 PM Mountain/7:30 PM Central/ 8:30 PM Eastern 75 minutes*

**\$249 for 10-week course. Drop in \$30 a group
10 - week course plus 5 Individual Coaching
Sessions** for \$499**

Contact Kari@myEatingDoctor.com for a free consultation call regarding this group and enrollment.

Length of Group* Must be 6 or more participants for full 75 min group; 1 hour for 4 -5 participants and 45 minutes for 3 or less. This allows for consistency in offering it weekly without increasing the cost. **Length of individual**** coaching sessions are 20 minutes.

Book and Workbook separate fee, amihungry.com

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