

Don't Diet – EDIT™ !

Find Freedom from Food & Weight Issues with Eating Disorder Intuitive Therapy (EDIT)™



Diets don't work! 95% of dieters regain weight, and 33% of dieters develop binge eating disorder. The diet-free solution called **Eating Disorder Intuitive Therapy (EDIT)™** was developed by "Dr. Dorie" McCubbrey as she overcame obesity and eating disorders. Her clients report a 95% success rate!

This group is for anyone seeking support for emotional eating, binge eating, food addiction, body image or weight issues. You'll learn how to:



Love Your Self – today, no matter what you weigh!

From this place of Self-Love, you'll naturally take better care of yourself – and a healthy weight can be a natural outcome. You'll discover that you are much more than your body, finding compassion for your "flaws," and inspiration from your "hidden" assets. Let your true values lead you to your True Self!



Be True To Your Self – trust intuition, your answers are within!

Your intuition is that "gut feeling" or a "sixth sense," which goes beyond your logical mind. You've probably listened to your intuition to guide relationship decisions, or career choices – but what about eating, exercise, and the achievement of a healthy weight? Discover how to use Intuitive Eating and Intuitive Exercise as your guides!



Express Your Self – balance mood instead of coping with food!

Feeling stressed or depressed? Eating can be a way to deal with intense emotions. However, "feeding" your feelings can actually make things worse – with additional feelings of frustration, guilt, or shame. Break the food-mood cycle by discovering new and more effective ways to regulate your emotions!



Give To Your Self – nurture by feeding your true hunger!

Think about all of the different ways you give to others – your friends who need assistance, your work with endless to-do lists, your family who depends on you. Are these activities fulfilling? Or, do you seek FULL-FILLment by consuming excess food? Discover your true needs, and how to meet them with regular practices of Self-Care!



Believe In Your Self – act as if you are free and so it shall be!

Imagine a day in the life of the person you will be when you are practicing the first four principles in your daily life. Notice how you feel from the "inside-out" – spiritually, emotionally, mentally, physically. In this fifth principle, you'll bring your visions of success into reality, one day at a time. Ongoing success is easy!

FOR MORE INFO ABOUT THIS & OTHER GROUPS:

PositivePathways.com/workshops-and-groups

Support
& Skills Group
Mondays
6-7:30pm
(not in bad weather)



165 Cook Street • Suite 10 • Denver CO 80206

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~ FREE PARKING IN LOT BEHIND BUILDING ~

New Skills
Each Week
First Group
FREE
(then \$10 each)