

Why Weight?

If not now when? (Hillel)

Join our Why Weight? group for a solid start on your pathway to the body of your Dreams*

As a participant in the six-week Why Weight? Group you will:

- Gain tools for success in achieving the body of your dreams.
- Learn to balance compassion and determination.
- Feel delicious in your balanced body composition
- Savor the flavor and goodness of smart food choices.
- Feel the joy of living in your body.
- End shame, guilt and struggle in relation to food.
- Erase and replace thought patterns that no longer serve you.
- Replace conflict with conscious choice.
- Design a personal eating plan suited to your life style and food preferences.
- Group activities will include:
 - Weekly self-hypnosis and mindfulness exercises
 - Mindful eating experience
 - Shared experience of what is working & what needs work.
 - What to do when you want to quit.
 - How to tread weight. And more....

Your knowledge and skill will expand, as you contract ;))

We believe in you!

For group and/or individual counseling please call:

**Tracey Harvey MFT
(310) 394-6262**

**Ginny Winn MFT
(310) 302-1139**

***WHY WEIGHT? SIX-WEEK GROUP \$250 TOTAL
CALL NOW FOR MORE INFO**

Resources:

Savor Mindful Eating, Mindful Life, Tich Nhat Hanh and Dr. Lilian Cheung

The Self-Compassion Diet, Jean Fain

Body for Life for Women, Pamela Peeke, Cindy Crawford

A Course in Weight Loss, Marianne Williamson