



Mindful Eating Virtual Retreat for Emotional Eating and Binge Eating



Weekend Virtual Retreat

Friday - Sunday, November 6 - 8, 2020

Weekly Group Coaching

One-hour, Thursday evenings, Nov. 12, Nov. 19, Dec. 3, 2020

Facilitated by

Michelle May, M.D. and Kari Anderson DBH, LPC, CEDS
(Co-authors of *Eat What You Love, Love What You Eat for Binge Eating*)

"The condensed work during this retreat got to the 'heart' of the matter faster."

www.AmIHungry.com

Heal your relationship with food and your body!

- Do you wish you could just be at peace with food?
- Do you spend a lot of time thinking about food and eating (or feeling guilty about what you ate)?
- Do you want to feel better physically and emotionally?
- Do you struggle with binge eating? You might if you:
 - Eat until you feel uncomfortably full
 - Eat large amounts of food when you're not hungry
 - Eat more rapidly than normal
 - Eat alone due to embarrassment about how much you eat
 - Feel disgusted, depressed, or guilty after you eat
- Do you need structured time and support to focus on this area of your life for a change?



Nourish the big, vibrant life you crave!

Michelle May, M.D., the founder of the Am I Hungry? Mindful Eating Programs and Training and Kari Anderson, DBH, LPC, CEDS, the co-authors of *Eat What You Love, Love What You Eat for Binge Eating*, will guide you to heal your relationship with food and your body.

Retreat with us to dig deep and discover a whole new way to relate to food. Together, we'll explore why you eat and help you learn new skills and lasting strategies to break the binge-repent-repeat cycle. Most important, the Am I Hungry? Mindful Eating Virtual Retreat for Emotional Eating and Binge Eating will start you on your journey to live the big, vibrant life you crave!



Photo ©Michelle May

Eat mindfully, live vibrantly!

- Heal your relationship with food and your body.
- Finally deal with the emotional drivers of binge eating.
- Practice using the Am I Hungry? Mindful Eating Cycle for deciding when, what, how, and how much to eat, and where to invest your energy – *without* ever dieting again!
- Experience the pleasure of eating the foods you love without fear, guilt, or bingeing.
- Discover the joy and rewards of moving your body mindfully.
- Set your intention to increase your health, energy, and appetite for life.
- Nurture your whole self to create a self-care buffer zone!

"This retreat has been life-changing, healing, and enlightening."

Your Virtual Retreat package includes...

Virtual Retreat Activities

- Our Mindful Eating Virtual Retreat begins Friday evening, November 6th and ends Sunday afternoon, November 8th (see draft schedule).
- Experienced retreat facilitators and virtual presenters, Michelle May MD and Kari Anderson DBH LPC CEDS, will host your live interactive Am I Hungry? Mindful Eating for Binge Eating Workshops throughout the retreat.
- The retreat will take place on the Zoom meeting platform which allows video, discussion, chat, and break-out groups, making it easy to recreate the in-person retreat experience—without the travel time and expense!
- You can expect engaging retreat activities, break-out groups, time for connection with others, guided mindful eating experiences, and time to get your questions answered.
- We'll do everything in our power to make sure you have fun, learn a lot, and most important, transform the way you think about food!



Small Group Coaching Sessions

- To continue your learning, connection, and support after your retreat, you'll also get to participate in three one-hour group coaching sessions with Dr. Kari Anderson.
- These will take place on the three Thursday evenings following the retreat: November 12, November 19, and December 3, 2020 (exact time will be announced in late October).

Workshop Materials and Tools

- *Eat What You Love, Love What You Eat with Binge Eating: A Mindful Eating Program for Healing Your Relationship with Food and Your Body*
- *Am I Hungry? Mindful Eating Program for Binge Eating Workbook and Awareness Journal*
- Surprise tools to support your retreat lessons
- Password access to www.AmIHungry.net: private Member Portal, virtual coach, online journal, and more—before and after retreat!



"If I could put into words how you have helped take a load off my heart, mind, and body. You have given me hope. This retreat was life changing – the peace is priceless!"

www.AmIHungry.com

Am I Hungry? Mindful Eating Virtual Retreat for Emotional Eating and Binge Eating (DRAFT Schedule)

Virtual Retreat

Friday November 6, 2020

- | | |
|---------------|---------------------------|
| 5:00-5:30 pm* | Welcome and Introductions |
| 5:30-7:00 pm* | In Charge, Not In Control |

Saturday November 7, 2020

- | | |
|-----------------|----------------------------------|
| 9:00-10:00 am* | Trust Your Body Wisdom |
| 10:00-11:00 am* | I'm Not Hungry; What Now? |
| 11:00-12:00 am* | Fearless Eating |
| 12:00-1:00 pm* | Guided Mindful Eating Experience |
| 1:00-2:00 pm* | Just Right |



Sunday November 8, 2020

- | | |
|-----------------|-------------------------------|
| 9:00-10:00 am* | Change Your Mind |
| 10:00-11:00 am* | Decoding Your Emotions |
| 11:00-12:00 am* | Love, Your Body |
| 12:00-1:00 pm* | Guided Mindful Meal |
| 1:00-2:00 pm* | Build a Self-Care Buffer Zone |



Group Coaching

November 12, November 19, and December 3, 2020

One hour on Thursday evenings (6pm PST for West Coast group and 6:30pm CST for East Coast group)

*All times are listed in PST. Use this [Time Zone Converter](#) to check the times in your area.

“You will learn, grow, and shift. It’s an incredible journey! I am so grateful.”

About Your Retreat Facilitators

Michelle May, MD

Dr. Michelle May is a recovered yoyo dieter, retired family physician, and the founder of the Am I Hungry? Mindful Eating Programs and Training (www.AmIHungry.com). Am I Hungry? exists to change the way the world thinks about eating and help individuals resolve mindless and emotional eating cease senseless yo-yo dieting.

Michelle is the award-winning author of the *Eat What You Love, Love What You Eat* book series, including *Eat What You Love, Love What You Eat for Binge Eating: A Mindful Eating Program for Healing Your Relationship with Food and Your Body*.

Dr. May's passion, insight, and humor stem from her personal struggle with food and body image and her professional experiences. She shares her compelling message and constructive approach through her books, online support community, social media, professional speaking, and has trained over 700 health professionals to facilitate Am I Hungry? Programs worldwide. Michelle has been featured on Dr. Oz, the Discovery Health Channel, and Oprah Radio, and quoted in Fitness, Health, Parents, Self, Woman's Day, WebMD, and many more.



Kari Anderson, DBH, LPC, CEDS

Having personally struggled with binge eating and weight stigma, Kari's professional career is driven by a personal passion. In her 30 years of working with eating disorders, Kari's particular interest has been focused on Binge Eating Disorders. Her unique ability to create a safe, non-judgmental, and healing environment make her, as patients often state, "someone who gets it." In addition, Kari has the unique ability to lead organizational teams and simultaneously connect with individuals on a very genuine and compassionate level.

Prior to starting myEatingDoctor.com, Kari positioned herself as a respected clinician and leader in the field of eating disorders. Having worked for treatment centers such as Green Mountain at Fox Run, Remuda Ranch and The Rader Institute, she had the opportunity to help thousands of patients and their families.

Kari earned her Doctor of Behavioral Health with her research project The Mindful Eating Cycle: Treatment for Binge Eating Disorder at Arizona State University in 2012. Co-creator of the Am I Hungry? Mindful Eating for Binge Eating Program, Kari also co-authored the acclaimed book, *Eat What You Love, Love What You Eat for Binge Eating: A Mindful Eating Program for Healing Your Relationship with Food and Your Body*. Her newest book; *Food, Body and Love* is to be released in 2020.



Virtual Retreat Registration

The fee for the virtual retreat (12 hours), three group coaching sessions (3 hours), book, workbook, Member Portal, and support tools is \$549.

Save \$100 if you register before October 26th – early bird rate is just \$449!

Hurry! We must limit the number of participants for an optimal experience, so don't miss out!

[Reserve my seat in the Virtual Retreat!](#)

Registration is non-refundable after 10/26/2020; however, 50% of the fee may be applied to other products, services, or events Am I Hungry? offers.

Questions?

For questions, please email us at Training@AmIHungry.com or call 480 704-7811 ext. 301.

About the Mindful Eating for Binge Eating Program

The Am I Hungry?® Mindful Eating for Binge Eating Program, developed by Michelle May MD and Kari Anderson DBH LPC CEDS, is a clinically valid treatment that has been shown to stop binge eating. This program draws on strategies from cognitive behavioral therapy (CBT) and mindfulness-based therapeutic methods, such as dialectical behavioral therapy (DBT), which have been shown to be effective for treating binge eating disorder.

Mindfulness-based strategies aimed at self-regulating emotional and physical states have shown promise in the treatment of Binge Eating Disorder. A study using the Am I Hungry? Mindful Eating Program for Binge Eating showed that participants went from a range of severe binge eating to a non-bingeing level on the [Binge Eating Scale](#).

Mindful Eating for Binge Eating Treatment Team Training

[Contact us](#) if you are interested in learning more about Am I Hungry? Mindful Eating for Binge Eating (AIH ME-BE) Training for licensed Masters and Doctorate level behavioral health professionals* and eating disorder treatment teams who wish to offer a mindful eating program for the treatment of binge eating disorder.

"I learned things that finally set me free after a lifetime of food struggles. Invaluable!"