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DR. KARI



ANDERSON



Eating Feel out of Control?



Workbook

Workbook driven program includes weekly skills, strategies, journal assignments and tracking sheets to help with your change process. Workbook included with registration. Based on the Am I Hungry? Mindful Eating for Binge Eating Program.



Support

Small group of participants who "get you" and support your change journey. Registration includes one month of aftercare with Support Community for the Mindful Eating for Binge and Eating program.



Coaching

Coaching from eating behavior specialist, Kari Anderson and Nancy Romanick, therapist and Registered Dietitian. Lessons every week, interactive discussions and sharing to help you every step of the way. We'll help you "re-set" and create successful sustained changes.

Mindful Eating Program

This 10 week Online program is offered only three times a year and is starting again on October 6, 2020. Every Tuesday from 6 -7:45 PM Arizona time . Limited enrollment for effectiveness. Fee's \$699. \$100 off if prepaid by October 6. First session is free, for anyone interested. Q & A.

About Kari.

Kari Anderson is the owner and therapist at myEatingDoctor.com, a counseling, coaching, and consulting business for disordered eating. Co-author of Mindful Eating for Binge Eating, this evidenced based program has been changing lives for nearly a decade. A 30 year specialist and leader in the field.

Call or Email Kari today to Register!