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Hi <<First Name>>,

What is your 2020 vision for managing your eating? Here's a choice: you can continue to try every diet on the market, only to overeat again when you feel deprived or stressed. Or you can learn to eat what you love and love what you eat. The answer is within your reach, you only need to reach in instead of reaching out.

REMINDER A live Mindful Eating Webinar is starting mid January. To receive 10% off, register by January 6. To sign up, click on the announcement below or visit the [Mindful Eating Associates website](#).

Eat mindfully, live vibrantly,
Susan



It's a relationship, not a resolution!

Heal your relationship with food and break your eat-repent-repeat cycle.
Learn to eat what you love and love what you eat — without rules!

ANNOUNCING A NEW ONLINE WORKSHOP IN MINDFUL EATING:



- Am I Hungry?® Program
- Includes eight 90-minute sessions
- Conveniently offered online via Zoom
- \$400 tuition includes course materials

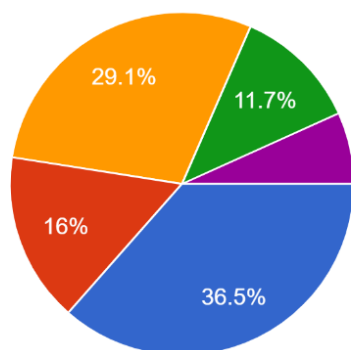
7:00 - 8:30 pm | January 15, 22, 29 • February 5, 19, 26 • March 4, 11

The Results Are In!

A recent survey about people's interest in Mindful Eating showed the following results.

If you had the opportunity to learn how to manage your eating without ever going on another diet, how interested would you be? (Choose one)

444 responses



- When can we start?
- I'm not sure, but I want to hear more.
- It depends on how much I would need to invest.
- Very interested, but not very confident that it could really work for me.
- Not very – I already manage my eating without dieting!

[Book a Complimentary Discovery Call.](#)

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