

Self-Love Diet 7 Food & Eating Guidelines

Book Study Training for Professionals

This course will change the way to think, act and feel about food. You will personally go through the 7 Self-Love Diet Food and Eating Guidelines in order to embody your work with your clients.

The 7 Guidelines are:

- 1 Eat when you are physically hungry.
- 2 Stop eating when you are physically satisfied.
- 3 Neutralize foods, choose foods that you enjoy, and learn to eat mindfully.
- 4 Cultivate gratitude to all the people who grew, packaged, delivered, sold and perhaps cooked the food you eat.
- 5 Set the table for you meals; treat yourself like an important guest.
- 6 Distinguish between body hunger and emotional hunger.
- 7 Learn the symbolic message of your food cravings when your body is not physically hungry and take non-food action.

What: 8 week, 2 hour groups for 6 professionals.

Investment: \$600 for 8 week training, \$75 per group.
\$560 if paid in full on first meeting.

Where: Directions to my home upon registration.

Who: Facilitated by Michelle Minero MFT

Materials: Bring book to each meeting. Available at Amazon or Copperfields book store in Petaluma.

To register: email Michelle at michelleelenaminero@gmail.com

Subject: SLDF&EG Training

