

“It’s Not About Food”

Ongoing Support Group



*An invitation to go beneath the obsession
Of dieting and body hatred and reclaim the
sacredness of your own body and internal wisdom*

- develop understanding & compassion for your struggle with food & weight
- transform body hatred and shame into love and respect for your body
- learn natural cues of hunger and fullness, discovering the differences between emotional and physical hunger
- understand the emotional reasons underlying the behaviors
- explore ways to nurture yourself other than overeating, under-eating, or obsessing about food and weight
- deepen your connection with your inner wisdom and spiritual self

Adult Support Group in San Rafael and Sacramento

\$55 per session

Facilitated by Laurelee Roark, MA, CCHT

**For any questions contact Laurelee at 415-497-8910 or
laureleeroark@gmail.com**

Laurelee Roark, MA, CCHT is a certified clinical hypnotherapist who has facilitated support groups, workshops & helped individuals recover from disordered eating and body hatred since 1985. **She is co-founder of Beyond Hunger, www.beyondhunger.org & co-author of *It's Not About Food, End Your Obsession with Food and Weight*, 2010 Putnam, New York, New York and *Over It: A Teen's Guide to Overcoming Obsessions with Food and Weight*, 2005 New World Library, Novato, Ca**