

ANXIOUS ABOUT YOUR WEIGHT? FEELING "FAT?"  
UNCOMFORTABLE IN YOUR BODY?  
EXPERIENCE A LOVE/HATE RELATIONSHIP WITH DIETING?

# ***Healthy Bodies, Healthy Minds: A Workshop on Eating Problems by Susan Gutwill***

**September 29, 2015**

**7:00 PM – 8:45 PM**

- Do you overeat?
- Do you eat when you are bored, angry, lonely or frightened?
- Do you live in fear of gaining a pound?
- Are you thin, but always feeling heavy?
- Are you large, and live in a state of deep shame?

This workshop is designed to teach participants a non-diet, self-demand approach to eating.

- Learn how to respond to body cues of hunger and satisfaction that can heal overeating, purging and body hatred.
- Explore the meaning of your eating behavior in relation to other areas of your life.
- Resolve your symptoms and allow them to become the very light that illuminate the path to find healing for your underlying conflicts, pain, and anxiety.

*It will provide a context for each member to become curious about and dignify her personal search for a compassionate understanding of the relationship between her food and body image and her feelings.*

Susan Gutwill has over thirty years of experience as a psychotherapist. She is a member of the Women's Therapy Centre Institute in NYC where she has developed programs and taught classes for therapists since 1982. She is currently heading an effort to develop a program for the New Jersey Center for the Study of Therapy and Psychoanalysis, a program for therapists.

**Please call Metuchen Library to register, 732-632-8526**

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