

David Bedrick is coming to Sydney!

Saturday, September 26, 2015 10:00-5:00pm

Eating, Hunger, and Body Image

“I totally reject any weight loss program that doesn’t leave a person more self-loving even if they don’t lose one pound.” —David Bedrick, J.D., Dipl. PW

Tried dieting? Failed? So have 95% of dieters and the \$60 billion diet industry is banking on your failure! People’s bodies, body image, eating patterns, and even their resistance to diets are incredibly meaningful but terribly misunderstood. Body shame and poor body image cannot be healed by weight loss alone. Come learn to listen to the wisdom of your body and hear the message it has for you about your power, beauty, and purpose.

In this workshop you will:

- Learn to trust your own wisdom about which weight loss strategies are right for you
- Discover the deeper needs and desires behind your eating patterns and preferences and how to fulfill them
- Identify and combat the hurtful criticisms you have about your body
- Connect with others in a circle of power and care for the struggle to love our bodies and ourselves

Bring your deepest, most urgent questions and build a relationship with yourself and your body that fosters self-knowledge and self-love.



David Bedrick, JD, Dipl. PW • Teacher, counselor and attorney • Faculty of the Process Work Institute in Oregon, the International School of Process Work in Warsaw and spent 8 years on the faculty of the Univ. of Phoenix • Author of *Talking Back to Dr. Phil: Alternatives to Mainstream Psychology* • Expert on shame, diets and body image, diversity, dreams, and new paradigms in psychology • Writes for *Psychology Today* and *The Huffington Post* and counsels people internationally.

www.talkingbacktodrphil.com

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\$235 Saturday only; \$395 Saturday & Sunday—Early Bird Prices Available!

Location: The Intuitive Well, 1/70 Bronte Rd, Bondi Junction, Sydney, NSW 2022
Go to www.thehomeopathiccoach.com/events for more details and registration