

# Take a Big Leap Forward



Marc David  
Founder



Greetings once again, friends. Marc David here, founder of the Institute for the Psychology of Eating.

I trust you've enjoyed and benefited from this ebook series. So, a big thank you for tuning in, and an even bigger thank you for your interest in our work. I know your time is valuable, so let's dive right in! Here's what this final installment is all about:

I'm going to let you know about what we're up to here at the Institute, and how you can dive deeper into the work that we do.

What that's going to look like is this:

- *I'll say a few words about this cutting edge new movement*
- *I'll share about our premier professional training*
- *And I'll let you know about our popular public offering*

So let's jump in.

By now, I trust you're clear that **the world needs a new approach** to eating psychology and nutrition. Our relationship with food and body needs a nice big makeover and a renewed sense of possibility.

At the Institute, we're committed to a world where we no longer live in pain and suffering around weight, body image, overeating, binge eating, emotional eating, or any unwanted challenge around food. We're committed to creating a planet where nutrition is a truly nourishing science, and all of us have a **positive and empowering relationship with food**.



*We're leading the charge in bringing to the forefront an eating psychology for everyone.*

We do this through our online programs for professionals AND the public, through social media, live events, free online content, books and more.

*We're mission-driven, and we want to leave this world a way better place.*

If our work speaks to you in any way, then please join us in one of our programs, or simply stay connected to what we're up to.

**In fact, please consider yourself a part of this powerful new movement if:**

- You know deep inside that there's a great need for an approach to our food challenges that honors all of who we are as eaters – body, mind, heart and soul.
- You're intrigued by the connections between nutrition and psychology
- You want an approach to food and health that's truly nourishing, yet firmly grounded in smart science and results-driven strategies
- You're comfortable at the cutting edge
- You think outside the box
- You're hungry for a fresh, uplifting, inspiring, and positive approach to eating

With that in mind, here's a brief description of our 2 main offerings that we'd love for you to know about:



# The Mind Body Eating Coach Certification Training



This is a powerful, information rich, 8 month, 250-hour online professional training that certifies you as an *Mind Body Eating Coach*. It provides a breakthrough, innovative educational experience that will leave you with a **strong skill-set** and the **confidence** to work with the most commonly seen and **important eating concerns of our times** - weight, body image, overeating, binge eating, emotional eating, endless dieting, digestion, fatigue, immunity, mood and much more.

This is **not** a Training about eating disorders per se, but an eating psychology for **everyone**.

This Training is delivered in a **distance learning format** that you can take from anywhere in the world.

It consists of audio, video, voice-over slide shows, extensive handouts, live teleclasses, online forums, reading materials, an optional live graduating event and more.

*You'll learn tools, skills and protocols that are powerful and effective.*

We include great **bonuses**, including a foundational nutrition module and a comprehensive business development module.

Our staff is knowledgeable, friendly, caring, and professional.

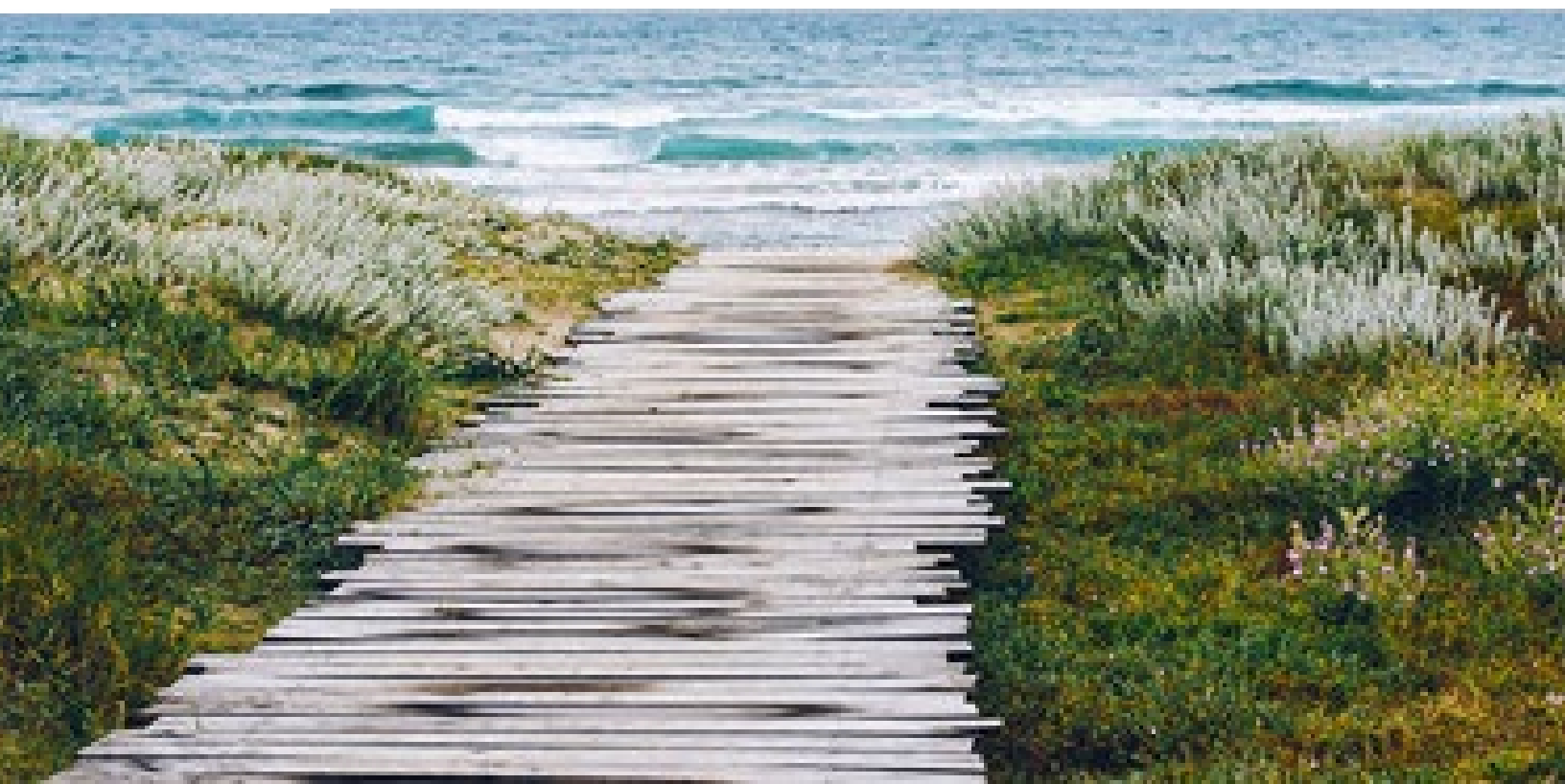


We attract a wonderful and quality group of students from **all around the world** and from many different professions, age groups, and walks of life.

This professional Training is designed to fit an already **busy lifestyle** with easy to download audios and handouts that are yours to keep for life.

This Training may be right for you if you're already in the helping professions, as it will *turbocharge* your skill level and take your practice to a whole new place.

AND, our Training is an excellent choice for those who are interested in **a new and exciting career** where you can set your own schedule and work from anywhere in the world, serving others in a truly meaningful and effective way.



# **Transform Your Relationship with Food**



This is our popular and well-loved online program that's specially designed for anyone looking to do breakthrough work on self and create a whole new experience of food and body.

It's an 8 week, online, virtual program that'll help you take a big leap forward when it comes to **overeating, binge eating, body image concerns, weight, emotional eating, endless dieting, unwanted eating habits, health challenges and more.**

*Transform Your Relationship With Food* is a great way to benefit from the powerful principles and strategies that we've originated here at the Institute in Dynamic Eating Psychology and Mind Body Nutrition.

This is neither a professional development course nor a certification training - it's a program that's all about YOU.

It's information rich, and full of **easy-to-practice strategies, tools, techniques** and reflective exercises that can make a big difference when it comes to creating a powerful, nourishing and inspiring relationship with food and body.

If you've been looking for results but haven't found lasting relief or success, then I believe this approach can be a great choice for you.

The program includes audios, videos, notes, journaling work, and an incredibly supportive online community that's staffed by our trained Mind Body Eating Coaches.



So, my friends, I'd love for you to learn more.

To take the next step, simply *email us* at [info@psychologyofeating.com](mailto:info@psychologyofeating.com) you're most interested in – our professional training, or our program for the public.

It's that simple.

I hope you'll join us in a new movement that's changing the way the world understands food, body and true health.

I look forward to meeting you in one of our programs!

Marc David  
*Founder, Institute for the Psychology of Eating*

