



*Eating with Grace*TM

making peace with food, weight & body image issues

JANUARY 2009 NEWSLETTER

*This above all: to thine own self be true.
William Shakespeare*

Eating with Grace SPRING SCHEDULE

MONTPELIER GROUPS
START:

MARCH 2009

BURLINGTON GROUPS
START:

MARCH 2009

NEXT ROUND OF
ONGOING GROUP
STARTS:

MARCH 2009

**Now OFFERING
WEB-BASED SERVICES:**

- consultations
- email support
- telephone/Skype support
- coaching
- referrals

One of the key differences between the *Eating with Grace*TM approach to recovery and The Diet Mentality is that, in *Eating with Grace*, we assume you have an inner wisdom, a part of you that knows. This is a place in you, an Inner Voice, that whispers what your truth is to you, and with support and guidance and good information, this Inner Voice can help you make really healthy choices for yourself.

In fact, you alone know what is right for you. Doctors don't know, nutritionists don't know, your spouse, your therapist, your minister ... no outside authority can really know what you need and what will work for you. This is bad news if you want someone else to give you The Answer. But if you have tried everybody else's advice and realized that it just doesn't work, or it isn't sustainable, then you may be ready to begin to learn how to find and listen to that Inner Voice.

In *Eating with Grace* practice, each person names and experiments with "Doables." Doables are what you decide you might be able and willing to do in (1) taking small steps toward eating healthy, just for today; (2) taking small steps toward having a balanced day, just for today; and/or (3) beginning to talk to yourself with a loving, supportive voice ("Not bad"; "You really are a good person"; "It's ok that you didn't do it perfectly; you're learning," etc.)

You might be ready to try a Doable in just one of these areas; that's ok. Doing what's doable for you means that you honor your truth, you know best what works for you. You name possible changes, you try them out, and you learn from them. In working with Doables, there's no right or wrong, there's only learning -- the learning of how to *do* positive things for yourself, and the learning of how to *be* in a positive relationship with yourself.

What's different here isn't just the method: many clients initially treat the Doables just like the Diet Rules. What needs to change, and does for many people, is their *relationship*, not just with food and eating and body image, but *with themselves*. You can't really pin life down. You can make a schedule for a pea plant or a kindergartener or a cat or your own body, but do they follow the schedule exactly? No, life is alive. We are in a dance with, our beings, other beings, our world. In *Eating with Grace*, we change from trying to control it all to learning to listen, to choose, to let be and let go. *And to like and care for ourselves, no matter what. No matter what.*

MAY YOU BE HAPPY * MAY YOU BE PEACEFUL * MAY YOU BE FREE