

The Anderson Method ... The help you need to solve your weight problem.

The Anderson Method is a program for fast permanent weight loss, a therapy proved superior to diets and exercise plans. It requires neither a special diet nor exercise. It teaches state-of-the-art therapeutic techniques to help you “reprogram” habits so that permanent weight loss becomes automatic. It has been remarkably successful through the years and it is heartily endorsed by clients and professionals alike. It is the state-of-the-art in obesity counseling.

I've struggled with weigh issues and emotional eating my entire life. I learned these techniques, Therapeutic Psychogenics, studying with author and program developer, William Anderson. I lost 35 pounds in a few weeks when I discovered **The Anderson Method** ... no public weigh-ins, groups, pills or packaged meals. I was so excited by my results, I trained to coach others while I continued my personal journey.

If you've suffered with weight problems long enough, please contact me for a free initial consultation. You *can* get rid of your excess weight and succeed at weight loss!