



INSTITUTE FOR THE **PSYCHOLOGY** *of* **EATING**

The World's Leading School in Nutritional Psychology

The World Needs You. Are You Ready?

Become an

EATING PSYCHOLOGY COACH

Distance Learning Certification Program

Enrollment for 2013 is open now



Experience the most innovative and inspiring Professional Training in Dynamic Eating Psychology and Mind Body Nutrition. Grow an exciting new career, and help your clients understand food and eating in a whole new way.

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A Letter from Marc David, Founder

Greetings,

After teaching, consulting and writing for the last 3 decades, I'm honored to introduce to you a wonderful, life-changing educational opportunity. The Institute for the Psychology of Eating is at the forefront of a powerful new movement that's changing the way we understand food, weight, body image and nutritional health. Our students come from all walks of life and many countries with this one common goal – to learn a better way to heal our relationship with food, body, planet, and soul.

For far too long, people have struggled without real answers to these profoundly important questions:

- How can I lose weight in a sustainable and loving way?
- How can I stop punishing my body with food and learn to nourish it and feel free?
- How can I know which foods are right for me to eat amidst all the conflicting nutritional viewpoints put forth by the experts?

As I look around at all the chaos and confusion in the field of nutrition, I see that we're at a profound crossroad. Medical science has finally recognized the important role of diet in optimal health, yet something is clearly missing. Obesity, overeating, pain around body image, emotional challenges with food, digestive ailments, fatigue and nutrition-related health concerns are with us more than ever. People have access to all kinds of nutrition information, but need to search long and hard for true healing wisdom. Perhaps you're aware of some of these eye-opening statistics:

- 9 out of 10 women are unhappy with their weight, shape, or looks
- 8 out of 10 women are on a diet
- 40% of 9 year-old females have been on a diet
- Over 98% of people who lose weight by dieting gain it back within a year
- Over 65% of people complain of digestive issues
- Over 50% of people complain of constant fatigue

Clearly, our collective approach to nutritional health and happiness isn't working.

It's time for a fresh start, a new way of seeing things.

IPE is at the forefront of a new movement that's re-uniting the psychology of eating with the science of nutrition. We understand the powerful and intimate connection between women and food. We acknowledge the need for a holistic approach to weight and it's loss. We've originated two important new fields of understanding – Dynamic Eating Psychology and Mind Body Nutrition. We believe it's time for an approach that celebrates life, and honors all of who we are as eaters – body, mind, heart and soul.

Thank you for your interest in the Institute. I'm proud of what we do, and honored to see our graduates doing inspired work in the world. Please learn as much about us as you can. And I hope to meet you in one of our programs...

My warmest regards,

Marc David



A Letter from the Chief Operating Officer

Dear Friends,

Thank you so much for your interest in the Institute for the Psychology of Eating. My name is Emily Rosen and I'm the Chief Operating Officer for the Institute. I wear quite a few hats in my role – I make sure all the details of running the Institute go smoothly, I oversee student affairs, I direct our marketing efforts, and I keep a pulse on the fields of nutrition and eating psychology to make sure that we continue to be leaders in our profession. I've also gone through all of the Trainings at the Institute and can testify that these were not only a professionally expansive experience, but an illuminating personal journey as well.

I am thrilled to work with the Institute and to be part of a growing movement of coaches, counselors, healers, and educators who are bringing in a whole new paradigm around eating issues, weight, food psychology and nutrition.

Perhaps one of the most important lessons I've learned as a professional is that far too many of the strategies we use for helping others simply don't address the whole person – mind, body and spirit. It touches my heart to see so many people in need of help around their health, weight or body image. I've watched so many men, women and children struggle with eating issues, often in secret, not knowing where to go for help. I've also worked hard over the years to understand and heal my own challenges around eating and body image. Perhaps this is one of the greatest qualifications we can have when it comes to helping others – our ability to work on our own relationship with food and self. You don't need to have the perfect body or perfect diet to do this work. You simply need a sincere desire to serve.

At the Institute, we're committed to teaching a whole new way to work with clients and students that truly delivers results, and looks at people in a holistic and integrative way. Once again, thank you for your interest. Please feel free to email or call us. We'd love to share with you a memorable educational experience that will take your work to a whole new level.

Emily Rosen

Chief Operating Officer
Institute for the Psychology of Eating



Our Program

Our Professional Eating Psychology Coach Certification Training is the only one of its kind in the world. We offer this training as a Distance Learning Program with a powerful curriculum that certifies you as an Eating Psychology Coach. This unique holistic education goes far beyond traditional nutritional healing techniques. It provides an unprecedented professional training that will leave you with a strong skill-set and the confidence to work with the most commonly seen eating concerns – weight, body image, overeating, binge eating, digestion, fatigue, immunity, mood and much more.

Key Highlights of the Training:

- An Information rich 250+ hour training
- Be certified as an Eating Psychology Coach
- Convenient Distance Learning format
- Study from anywhere in the world
- Learn on the go with convenient audio downloads of all classes
- A powerful blend of videos, audio, voice-over slide shows, handouts, and notes
- Maps, tools, protocols and insights to help you navigate eating challenges
- A unique combination of nutritional science and psychology
- Enjoy a style of teaching that's inspiring, grounded, and results oriented
- Grow an exciting new career
- Enjoy a competitive edge in the market with a unique certification
- Powerfully tap into your gifts as a healing professional
- Develop confidence to work with clients
- Join a thriving community of fellow students and professionals
- Participate in a free Live Professional Conference upon graduation
- Be part of a new movement in Health and Transformation
- Learn to help others while transforming your own relationship with food

How the Training Works

The Eating Psychology Coach Certification Training is delivered in a convenient format that allows you to study and participate from anywhere in the world. A computer and internet connection are all you need to be part of this unique and revolutionary training.

- The next training begins October 2013 and ends May 2014. (Enrollment closes August 2013.)
- When the program begins, you'll be given access to the Distance Learning Website.
- The course materials are delivered in 7 Modules, which are released once every 4 - 6 weeks.
- Please note this training is by application only.



About the Modules

- Each module has an introductory video that outlines the important concepts in that module
- Module content is delivered through a series of voice over-slide shows that you can watch online or download as mp3 files onto your computer or mobile device.
- A powerful collection of written notes, worksheets, highlights, lessons, protocols and more are also included in PDF form that you can download.
- Each module contains approximately 20-30 hours of video, narrated slide shows or audio.
- Each section has a recommended reading list to support the learning process.
- There are introspective exercises built into the course to facilitate personal development while honing your professional skills.
- Integration questions are due at the end of each Module, and a final project is required for graduation and certification, which can be in video or written form.

- All audio files and handouts are downloadable and yours to keep for life.
- Curriculum topics include: weight, body image, overeating, binge eating, chronic dieting, digestion, fatigue, immunity, mood, and much more.

Additional Components of the Training

- Included in the training are two live teleclasses each month with Marc David. All teleclasses are recorded for those who cannot attend. Teleclasses are 90 minutes and happen live at 1pm or 6pm EST.
- Each student has the option to participate in our Peer Coaching Program where you can meet regularly with a fellow student to practice your coaching skills.
- We also offer a comprehensive online forum where you can engage with your fellow students and IPE staff, and a private Facebook group for professional networking opportunities.

Bonus Material

- A Foundational Nutrition Module created by Hawthorn University.
- A Business Coaching module to help you launch your practice or expand your currently existing business.
- Admission to a free live Conference - The Future of Healing - in Boulder Colorado in May for graduates who are able to attend.



Is This Training Right for Me?

We want you to make the best choice for yourself. This Training is designed for students and professionals of all ages and disciplines who are ready for a unique educational experience. You'll learn to help others by first transforming yourself.

See if any of these statements ring true:

- I'm fascinated with the psychology of eating
- I'm passionate about health
- I believe strongly in helping and serving others
- I'm excited to be in a community of like-minded learners
- I prefer a learn-at-home format with flexibility
- I want a program that will challenge me personally and intellectually
- I believe, deep down, that I have something of real value to offer others
- I'm drawn to innovative and cutting edge approaches to healing
- I want to learn counseling skills that are practical and effective
- I'm interested in improving upon the professional skills I already have
- I'm not yet a professional in the helping/healing fields – yet I'm ready to jump in and learn
- I acknowledge that there's a great need for counselors and educators who can truly help others around food, weight, body-image, and health



If any of these statements reflect you and your approach, then we're confident that you'll come away with great value for your investment and commitment.

As a participant and graduate of our Professional Eating Psychology Coach Certification Training, here are some of the benefits we're proud you'll receive:

Practical counseling and coaching skills in Dynamic Eating Psychology

You'll learn to help people with weight loss, body image concerns, compulsive or binge eating, over-eating, chronic dieting, compulsive exercising, fear of exercising, fear of food, avoidance of pleasure, nutritional extremism, self sabotaging food behaviors, self imposed dietary imbalances, nutritional apathy, stress based eating, fear of illness, and others.

Mind Body Nutrition strategies and education skills

You'll learn to help people with digestive concerns, energy and fatigue issues, mood, immune challenges, women's health, men's health, insulin resistance, cognitive function and brain health, cardiovascular function, and other nutrition-linked health conditions.

Multi-faceted coaching and counseling skills

You'll learn easy-to-practice coaching and counseling skills to help you work with the life dimensions that powerfully influence all of the above-mentioned concerns. These life dimensions include relationship, work, money, sexuality, spirituality, culture, family, purpose, love and the search for meaning and happiness.



Curriculum

The Institute's curriculum is a unique and fascinating blend of eating psychology, clinical nutrition, mind-body science, coaching skills, body centered practices, cultural studies, transformational disciplines, and practical techniques that provide a powerful foundation for life-long professional success. We believe in an approach that's rooted in the best insights that science and psychology has to offer.

Curriculum Highlights:

- In depth study of today's major eating challenges – weight, body image, overeating, binge-eating, chronic dieting
- In depth study of the most common nutrition-linked health concerns – digestive issues, fatigue, immune challenges, mood concerns,
- Engaging presentations and powerful case studies
- Tools and strategies that work
- A comprehensive mind-body approach

Here's an outline of what will be covered in the Modules:

Weight Loss

A unique and compelling look into the profound topic of weight loss through the lenses of Dynamic Eating Psychology and Mind Body Nutrition. You'll learn basic and advanced coaching and counseling techniques, along with an in depth series of maps and checklists that will shed a whole new light on working with this complex challenge from a multi-dimensional approach.

Body Image

An original, fresh and results-oriented approach to body image concerns that will give you the tools to help others see and experience their body in a more healthy and compassionate way. Using principles from Dynamic Eating Psychology and Mind Body Nutrition, you'll learn the listening and coaching skills that will give you confidence to work with this important issue of our times.

Over-Eating, Binge Eating, Compulsive Eating

A truly holistic approach to overeating concerns based upon the core principles of Dynamic Eating Psychology and Mind Body Nutrition. Help others achieve breakthroughs with compulsive and binge eating using easy-to-practice tools and techniques that promote a positive and nourishing relationship with food.

Chronic Dieting

Chronic dieting is a hidden contributor not only to emotional pain, but also to many health symptoms that are wrongly diagnosed and treated. Learn how to identify and work with this powerful nutritional/emotional/lifestyle challenge using the principles of Dynamic Eating Psychology and Mind Body Nutrition.

Energy and Fatigue

Fatigue is a powerful concern that grips a fantastic number of people across the globe. Unfortunately, many of our strategies to create more energy leave us exhausted and without a true and lasting source of greater vitality. Our Training will provide you with an integrative, psychological and nutritional approach to this important health challenge.

Digestive Health

Digestive health has become a rare and precious commodity. Complaints of digestive distress, heartburn, bloating, and ongoing discomfort are some of the most commonly seen nutrition issues. Learn simple and effective strategies from Dynamic Eating Psychology and Mind Body Nutrition for increasing digestive power and function.

Mood Concerns

Working with mood and depression is an important part of every nutrition and health coaching practice. Fluctuations in mood teach us powerful life lessons, while calling our attention to key metabolic and lifestyle changes that are asking to be made. Our Training features Dynamic Eating Psychology and Mind Body Nutrition approaches that are practical, holistic and effective.

Immune Health

A strong immune system is both a gift and a rarity these days. When the immune system functions with efficiency, we can navigate a toxic and challenging world with greater ease. At IPE, we teach a fascinating and creative blend approaches for working with immune health.

Men, Women, Food and Health

The special relationship between women and food cannot be overstated. It's beautiful, powerful and rich in complexity. For this reason, it's high time that we elevate a woman's connection with food to the lofty place it deserves, and learn to understand women and nutrition from a fresh perspective. This is an important theme throughout our Training. Likewise, men have their own unique challenges and nuances when it comes to their relationship with eating and health. The training focuses on how to best help men navigate their food, weight and health concerns.

Additional sections include:

- The Architecture of Healing
- Working with macronutrients
- Coaching and Counseling Skills
- The Phases of Nourishment
- How do to an Intake
- Masculine and Feminine Psychology
- Case Studies
- Working with Challenging Clients
- The Psychobiology of Soul Lessons
- And much more...

“The study of nutrition alone is no longer adequate enough to address the compelling issues we face with health, weight, body image, overeating, and all of our metabolic concerns. Instead, we must fully understand and embrace the psychology of the eater - the heart, mind and soul dimensions of what it means to truly nourish one’s body and being.”

To learn more about curriculum details, our bonus nutrition module and business coaching module, **please go to the end of the catalog.**



Your Career

We live in a time when so many of us are discovering our deep heart's desire to do good work in the world. It takes a special commitment to have a career that allows us to express our passion. So many of us are finding our way out of jobs that have supported us financially, but left us feeling unfulfilled and wanting something more.

- Is life calling you to be healer, a teacher, a counselor, or coach?
- Do you hold the vision that it's possible to do good work and make good money?
- Are you attracted to the kind of work that is holistic and cutting edge?
- Can you see yourself helping others as they move through their journey with food and body?
- Are you inspired to step out of the traditional forms of education and participate with fellow learners who share the same values as you?
- Do you believe in a vision of the world where we can truly connect with one another and reach out to those who need guidance and support with their eating struggles?
- The Professional Training at the Institute is designed to take you into the future of nutritional healing, now.

Here are some of the many ways our graduates are using their IPE education:

- Accelerate and expand an already existing practice
- Career change in less than a year
- Work one on one in a private coaching practice
- Work in corporate wellness education – designing and implementing programs
- Work with small groups – running classes and retreats
- Teach and work with children – creating youth programs
- Work with digestion, immune and fatigue issues in a unique and cutting age way
- Specialize in weight loss coaching
- Work with emotional eating – binge eating, overeating and chronic dieting
- Mentor other professionals

- Augment your career as a personal trainer or fitness specialist
- Create a virtual business working with clients all over the world
- Teach teleclasses - leading online seminars
- Augment one's skills as a nutrition teacher
- Supplement a traditional psychology education
- Branch out from being a Health Coach
- Be a better and more well rounded Dietitian
- Incorporate Eating Psychology Coaching into your Yoga or Pilates practice
- Be a better clinician
- Expand your medical practice
- Supplement your career in the culinary field
- Launch a website, blog, and private practice
- Enhance personal growth and healing
- Gain more confidence with clients
- Discover new tools and techniques that truly work
- Increase income with specialized offerings and increased proficiency
- Own or work in a health clinic or wellness center

To enhance your success we do provide a free, optional Business Coaching Module. Some of the topics covered include:

- + How to get started as an Eating Psychology Coach
- + Practice Management
- + Determining your target market
- + How to market and promote yourself
- + How to attract clients and build your practice
- + Your program offerings
- + Key facts to know for website development
- + Using Social Networking
- + Important communication skills
- + To learn more please go to page 34



Schedule

The next Professional Eating Psychology Coach Certification Training – Distance Learning Program begins in October, 2013. This training is delivered in an online format along with live tele-classes each month.

Module Release Dates:

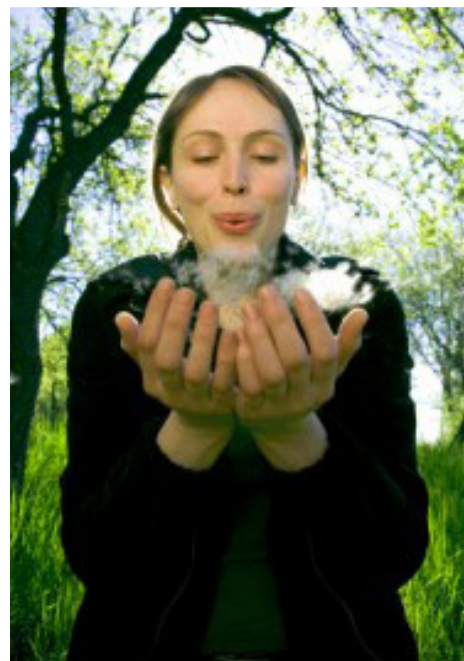
Module 1: October 3, 2013
 Module 2: November 7, 2013
 Module 3: December 19, 2013
 Module 4: January 16, 2014
 Module 5: February 13, 2014
 Module 6: March 13, 2014
 Module 7: April 10, 2014

Live Event - The Future of Healing May 2014 - Boulder, CO

Tele-class schedule:

All tele-classes will be held live. All tele-classes are 90 minutes in length, recorded, and available as an audio download the day after the live call.

Thursday, October 10, 2013 – 1pm EST
 Thursday, October 24, 2013 – 6pm EST
 Thursday, November 14, 2013 – 1pm EST
 Thursday, December 5, 2013 – 6pm EST
 Thursday, December 12, 2013 – 1pm EST
 Thursday, January 2, 2014 – 6pm EST
 Thursday, January 9, 2014 – 1pm EST
 Thursday, January 23, 2014 – 6pm EST
 Thursday, February 6, 2014 – 1pm EST
 Thursday, February 20, 2014 – 6pm EST
 Thursday, March 6, 2014 – 1pm EST
 Thursday, March 20, 2014 – 6pm EST
 Thursday, April 3, 2014 – 1pm EST
 Thursday, April 24, 2014 – 6pm EST
 Thursday, May 1, 2014 – 1pm EST



Tuition

Tuition and Enrollment

We recognize that your time and money are important to you, and that you expect a professional training of this caliber to deliver great value. We're committed to providing you the best possible education and experience for your investment.

Payment Option #1: Pay in Full: \$6950

Make one payment of \$6950

This is our lowest priced option.

Payment Option #2: Four-Payment Plan: \$7160

Choosing this option means you will make an initial \$1,500 down payment, followed by 4 automatic withdrawals of \$1415 on the 1st of each month starting in October.

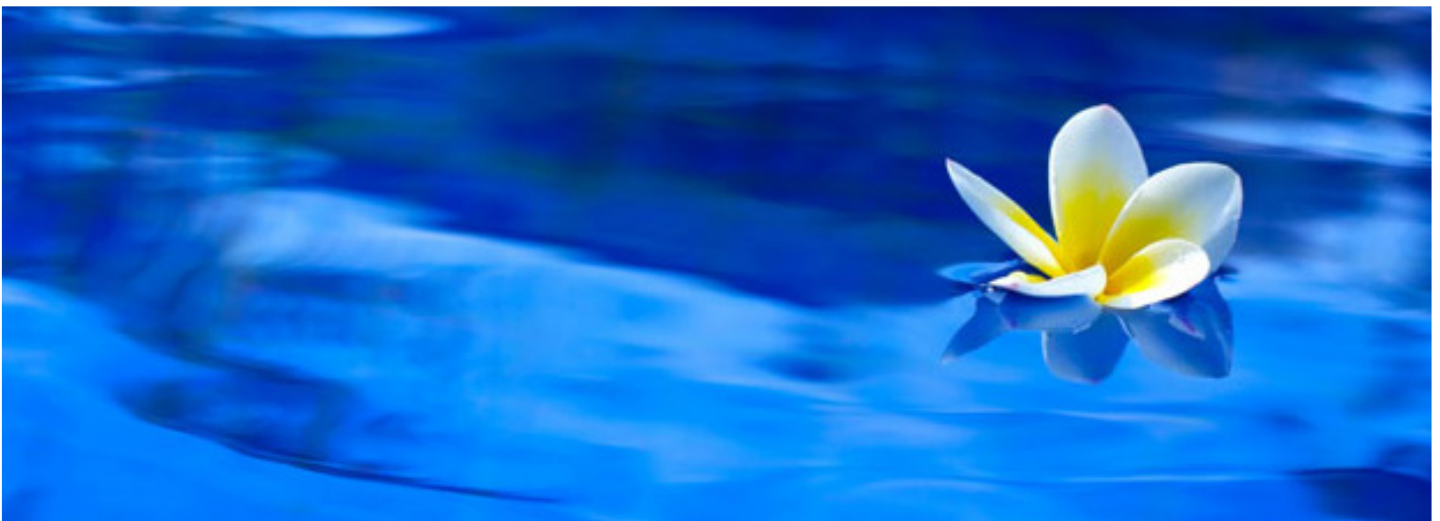
Payment Option #3: Seven-Payment Plan: \$7380

Choosing this option means you will make an initial \$1,500 down payment, followed by 7 automatic withdrawals of \$840 on the 1st of each month starting in October.

This Training starting in 2013 is now by application only. Apply by visiting:

<http://bit.ly/WVR4tq>

Please call (303) 440-7642 for more information or email info@psychologyofeating.com.



How IPE is Different

The majority of nutrition programs are dry and limited in their scope. They assume you can simply tell people what to eat, what not to eat, and expect a healthy result. Unfortunately, this approach has come up far too short. And the few psychology programs geared towards eating issues focus only on severe eating disorders – and fail to address the fascinating and intricate eating concerns that the other 95% of us face.

IPE's Professional Training Program powerfully combines Mind Body Nutrition and Dynamic Eating Psychology. This union of the psychology and science provides the “missing link” that so many clients and practitioners have been seeking. Our graduates are consistently amazed and inspired by the results they experience.



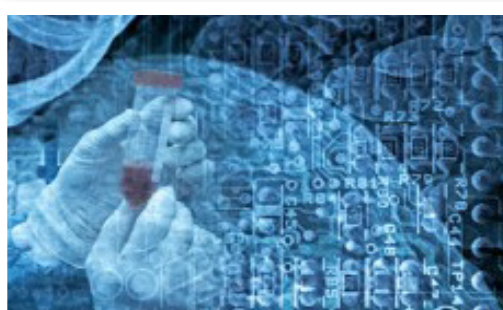
So the good news is simply this: you now have access to a unique and engaging new way to work with clients, students, and yourself. Our program is designed to help you serve others by catalyzing your own personal transformation. It's innovative and intellectually challenging. It's life affirming and positive. And it puts you at the forefront of a new movement that's here to make a real difference in the world.

We welcome both the public and professionals into our Training. Whether you're looking to start a counseling practice helping others, expand your professional skills, or simply use this great educational experience for your own personal benefit, we provide you with the tools that will help you succeed.

Our Philosophy

At the Institute for The Psychology of Eating, our philosophy begins with holistic nutrition. We teach that what we eat is only half the story of good nutrition. The other half of the story is who we are as eaters. That is, our nutritional metabolism is profoundly affected by our thoughts, feelings and beliefs. It's directly impacted by our level of stress or relaxation during meals. It's elevated by the amount of pleasure we receive with eating. It's energized when we have compassion for our fears about weight and body image. And finally, our metabolism is enlivened when we experience a healthy relationship with our unique journey through life.

Most of us have been taught that good nutrition is about getting the right vitamins and minerals, enough protein, and the right amounts of fat and carbohydrates. Some foods are bad for you, while others are clearly the "good guys." And all this is certainly true, yet is woefully inadequate in describing the fullness of our nutritional reality. It's not always enough to tell someone what to eat or how much to exercise and expect instant and magical results. We are much more complex, more interesting, and more deep.



At the Institute, we see food and nutrition as a doorway into our personal world. We recognize that our challenges with food, weight, body image and health are not merely about faulty chemistry, but are linked to concerns around career, money, family, relationships, sexuality, our personal history, as well as our hopes, dreams and fears.

The Institute is eclectic and inclusive. We present the best tools and techniques in the fields of psychology and personal growth that are most relevant and produce results. These include coaching and counseling models, cognitive approaches, body centered practices, spiritual psychology, archetypal psychology and others.

At the same time, The Institute is firmly grounded in the best of clinical and scientific nutrition, complementary and alternative medicine, and the mind-body sciences. And underlying all of our work, the Institute calls upon and draws inspiration from timeless wisdom teachings such as Buddhism, Yoga, mythology and shamanic traditions.

Compassionate Coaching

There's a huge demand throughout the world for effective and compassionate coaching when it comes to food, weight, and body image. Not everyone has an eating disorder – but everyone has a relationship with food. So many people live with the kind of internal dissatisfaction around their body and health that has them draining emotional energy and wasting time with ineffective strategies that never truly take them where they want to go.

Just look around and you'll see that the most common approach to weight loss – eating less and exercising more – doesn't work. If it did, it would have done so long ago. At the same time, there's a great collective pain around what to eat and how much to eat. People fight food, fight pleasure, fight their instincts and desires, fight body fat – and because it's a battle against our own self – it's a fight we are destined to lose.

Clearly, there's an immense amount of pain around eating. Media images that portray what a body should look like has all too many of us chasing impossible standards of perfection. Nutrition pundits and experts are continuously contradicting each other and leaving everyone confused. We are overloaded with information, but undernourished when it comes to wisdom. It's time for a change.

Previously, if you wanted to learn about eating psychology you'd need to spend years at a traditional university at great expense – and still come away without the practical skills to work with the real-life challenges that people face with eating. The Institute's mission is to make a difference where it counts.



We have a tremendous opportunity before us – to serve others in ways they haven't been served before. We can help people free themselves from self-imposed food limitations and outdated beliefs. We can guide them into strategies with their bodies that truly work. And, we can help cheerlead them into a more inspired relationship with food, and with life.

What is Mind-Body Nutrition?

The Institute for The Psychology of Eating's nutrition training focuses on groundbreaking work in the new and innovative field of Mind-Body Nutrition.

Mind-Body Nutrition examines the psychophysiology of how thoughts, feelings and beliefs impact nutritional metabolism and health. It focuses on the fascinating connections between brain, body, digestion, and behavior. It also brings to light how the social, emotional, cultural, and spiritual dimensions of life can literally and scientifically influence how we digest and assimilate a meal, and how we calorie-burn.

The benefits of Mind-Body Nutrition are practical and profound. The Institute teaches the tools and techniques that will enable you to make a real and meaningful difference in working with excess weight, compulsive and fear driven eating, body image challenges, digestive disorders, fatigue, mood issues, immune health, and other nutrition-linked health concerns.

Here a just a few of the Mind-Body Nutrition highlights in our Training:

- The Effects of The Physiologic Stress Response on Nutrition and Metabolism
 - Relaxation Techniques that Profoundly Enhance Digestion and Calorie burning
 - Secrets to Accessing the Wisdom of the Enteric Nervous System – the Brain in the Belly
 - Nutrition and Circadian Rhythm: Practical Keys to Modulating Appetite
 - The Metabolic Power of Story: How our Inner Tale Infuses Metabolism
 - Mind-Body Nutrition Techniques for Weight Loss
 - A Surprising Nutritional Requirement: Vitamin P – Pleasure
 - The Nutritional Importance of Vitamin T – Time
 - The Hidden Influence of Core Life Issues on Nutritional Metabolism
 - The Placebo Effect and Nutrition: How Thoughts Influence Digestive Chemistry
 - The Profound Impact of the Cephalic Phase Digestive Response on Willpower
 - Mind-Body Nutrition Techniques for Body Image Challenges
 - How Beliefs about Sexuality and Beauty Impact Nutritional Metabolism
 - And much more...
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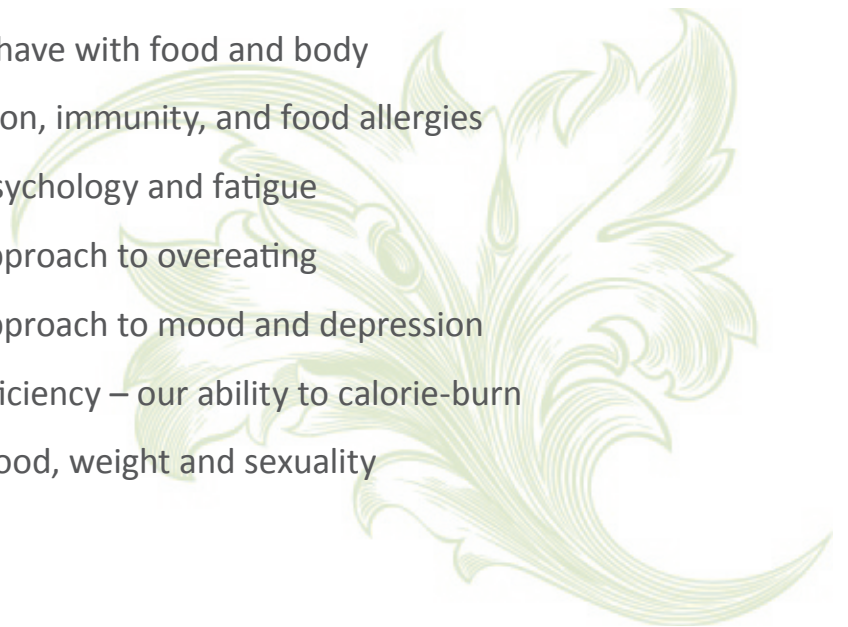
What is Dynamic Eating Psychology?

The Institute for The Psychology of Eating has pioneered and developed an exciting new field – Dynamic Eating Psychology. This is a positive, empowering, thoughtful approach to food and body that's applicable for anyone who eats. Each of us has a unique, fascinating, and ever changing relationship with food and body. Indeed, what we believe about food and body powerfully influences our behaviors, our health, and our happiness. Dynamic Eating Psychology affirms the primary importance of everyone's relationship with food. It sees food as a doorway into deeper parts of our inner world.

Previously, eating psychology has been limited to those with anorexia, bulimia, and extreme obesity. That's a very necessary yet specialized kind of psychology that's useful for less than 5% of all people. Dynamic Eating Psychology is for the rest of us. It affirms that we're all essentially whole and complete – and yet our relationship with food, body and health has important and powerful lessons to teach us if we choose to listen. Dynamic Eating Psychology also recognizes that our experience with food is intimately connected to other primary areas in our lives – relationship, family, work, sexuality, and our search for meaning and fulfillment.

Dynamic Eating Psychology Highlights:

- New strategies for working with weight loss
- The most successful techniques for healing and transforming body image
- Psychological tools for releasing unwanted food habits
- The unique relationship that women have with food and body
- The unique relationship that men have with food and body
- How psychology influences digestion, immunity, and food allergies
- The connection between eating psychology and fatigue
- The Dynamic Eating Psychology approach to overeating
- The Dynamic Eating Psychology approach to mood and depression
- How the mind impacts thermic efficiency – our ability to calorie-burn
- The hidden connection between food, weight and sexuality



- The influence of culture on nutritional metabolism
- The hidden psychology of dieting
- Working with our life story as a means to transform metabolism
- The connection between psychology, spirituality, and nutritional health
- And much more...

Be part of the new generation of healers

It's time to bring simple, useful counseling and coaching techniques out into the world to the people who need it most – those with weight loss and body image concerns, compulsive and over-eating challenges, and anyone who experiences pain around their relationship with food. Millions of people are waiting to be helped in this way. Are you ready to be part of a whole new generation of helpers, healers, teachers, and counselors? Are you inspired to step up and serve others in a heartfelt and powerful way?



Curriculum Highlights:



Weight Loss

A unique and compelling look into the profound topic of weight loss through the lenses of Dynamic Eating Psychology and Mind Body Nutrition. You'll learn basic and advanced coaching and counseling techniques, along with an in depth series of maps and checklists that will shed a whole new light on working with this complex challenge.

Some Key Highlights include:

- Nutritional and metabolic factors influencing weight loss
- Masculine and feminine weight loss psychology
- Influence of stress and relaxation physiology on weight
- Bio-circadian nutrition and weight loss
- Working with social and cultural influences on body weight
- The importance of macro and micro-nutrient balance
- The metabolic power of pleasure, awareness and presence
- Neuropsychology, placebo science and weight loss
- Spiritual and soul dimensions of shape-shifting
- The power of story and core life challenges in weight concerns
- A deeper understanding of caloric science
- Working with body wisdom and intuition
- The hidden connection between weight, money and work
- Weight and menopause
- Shortcuts for creating breakthroughs with difficult clients



Body Image

An original, fresh and results oriented approach to body image concerns that will give you the tools to help others see and experience their body in a more healthy and compassionate way. Using principles from Dynamic Eating Psychology and Mind Body Nutrition, you'll learn the listening and coaching skills that will give you confidence to work with this important issue of our times.

Some Key Highlights include:

- The influence of stress and relaxation physiology
- The hidden connection between movement and body image
- Working with embodiment practices
- Masculine and feminine distinctions in body image
- Navigating the influence of media and culture
- Yoga Psychology and body image
- The impact of PTSD on negative body image
- Healing and transforming body image with Archetypal Psychology
- The connection between pleasure, desire and body image
- The neuropsychology of presence and “loving what is”
- The special relationship between women, food and body image



Over-Eating, Binge Eating and Compulsive Eating

A truly holistic approach to overeating concerns based upon the core principles of Dynamic Eating Psychology and Mind Body Nutrition. Help others achieve breakthroughs with compulsive and binge eating using easy-to-practice tools and techniques that promote a positive and nourishing relationship with food.



Some Key Highlights include:

- The practical psycho-biology of appetite
- The cephalic phase digestive response and binge eating
- The psycho-dynamics of control and willpower
- Pleasure chemistry and overeating
- Breakthroughs using nutrition-dense food strategies
- The powerful and hidden gift of compulsive eating concerns
- Moving beyond cognitive behavioral therapy
- Practical short-cuts for transforming compulsive eating
- The impact of stress and relaxation chemistry on overeating
- Using bio-circadian nutrition techniques for fast results
- The hidden connection between body image and overeating
- The powerful effects of macro-nutrient balance on binge eating
- How work and corporate culture impact overeating concerns
- The spiritual psychology of nourishment and deeper hungers
- The influence of life transitions on compulsive eating



Chronic Dieting

Chronic dieting is a hidden contributor not only to emotional pain, but also to many health symptoms that are wrongly diagnosed and treated. Learn how to identify and work with this powerful nutritional/emotional/lifestyle challenge using the principles of Dynamic Eating Psychology and Mind Body Nutrition.

Some Key Highlights include:

- The potent effects of chronic dieting on nutritional status and health
- How chronic dieting impairs calorie burning capacity
- Chronic dieting as a hidden epidemic of the soul
- The special relationship between women and dieting
- The connection between chronic dieting and compulsive exercising
- Dieting, culture, and the media
- The secrets to creating a long term, sustainable diet strategy
- The influence of dieting on energy level and oxygen metabolism
- Confronting the false and outdated science of dieting
- The hidden effects of chronic dieting on digestive metabolism
- Working with complaints of “slow metabolism”
- Chronic dieting and the psychology of romantic relationships
- Using powerful languaging techniques to heal chronic dieting
- How to re-educate clients around caloric theory, dieting and weight
- Designing a diet approach that can truly transform your client



Energy and Fatigue

Lack of energy, and the desire for more of it is a powerful concern that grips a fantastic number of people across the globe. Unfortunately, many of our strategies to battle fatigue leave us exhausted and without a true and lasting source of greater vitality. Our Training will provide you with an integrative approach to this important health challenge.

Some Key Highlights include:

- Mind Body Nutrition approaches to working with energy and fatigue
- Nutritional and metabolic influences on fatigue
- The hidden effects of food allergies and sensitivities on energy level
- Core life issues and their effects on energy level and fatigue
- Somatic Psychology skills for enhancing energy
- The healing power of story in chronic fatigue
- Breathing, oxygen and energy
- How key soul lessons impact our energy level and metabolism
- The influence of thought and beliefs on fatigue and energy
- The bio-emotional impact of work, purpose and mission on energy
- The potent connection between digestion and energy
- Stress chemistry and adrenal fatigue
- Simple and effective nutritional strategies for more energy





Digestive Health

Digestive health has become a rare and precious commodity. Complaints of digestive distress, heartburn, bloating, and ongoing discomfort are some of the most commonly seen nutrition issues. Learn simple and effective strategies from Dynamic Eating Psychology and Mind Body Nutrition for increasing digestive power and function.



Some Key Highlights include:

- The impact of stress physiology on digestion and assimilation
- The enteric nervous system – the brain in the belly
- Digestive status as a barometer for personal empowerment
- The emotional psychology of the digestive system
- Simple and effective protocols for common digestive complaints
- The importance of the gastrointestinal immune system
- The influence of food allergies on digestive health
- Cultural speed and its impact on digestion
- Digestion of food as a metaphor for digestion of life experiences
- The hidden connection between sexual abuse and digestive health
- How fear, judgment and self criticism diminish digestive metabolism
- Breathing, oxygen, the relaxation response and digestion
- Quick and easy strategies for working with GERD (heartburn)
- Digestion, gut wisdom and body wisdom
- Important distinctions from Ayurveda and Chinese Medicine



Mood Concerns

Working with mood and depression is an important part of every nutrition and health coaching practice. Fluctuations in mood teach us powerful life lessons, while calling our attention to key metabolic and lifestyle changes that are asking to be made. Our Training features Dynamic Eating Psychology and Mind Body Nutrition approaches that are practical, holistic and effective.

Some Key Highlights include:

- The influence of stress physiology and stress psychology on mood
- Key nutritional deficiencies and excesses associated with mood
- Brain physiology basics for understanding mood fluctuations
- Impact of immunity on mood
- Insulin, blood sugar, food and mood
- How chronic dieting silently impacts mood
- Archetypal psychology approaches to mood and depression
- The spiritual psychology of mood – the language of the soul
- Powerful and simple strategies from Yoga and Buddhism
- The hidden psychology of depression
- Importance of macro-nutrient balance and mood
- Mood disorders and the psychology of perfectionism
- Feminine and masculine differences in mood
- Influence of genetics and family lineage on mood
- Understanding mood through the life cycles





Immune Health

A strong immune system is both a gift and a rarity these days. When the immune system functions with efficiency, we can navigate a toxic and challenging world with greater ease. At IPE, we teach a fascinating and creative blend of Dynamic Eating Psychology and Mind Body Nutrition approaches to working with immune health.

Some Key Highlights include:

- Nutritional strategies for improving immune strength
- Psycho-emotional influences on immunity
- The impact of dietary beliefs on immune health
- The profound importance of the gastrointestinal immune system
- How gastrointestinal immunity is impacted by thought and emotion
- Cultural and social influences on immunity
- Immune strength as a metaphor for presence
- Psychoneuroimmunology meets Mind Body Nutrition
- Soul Psychology and immune health
- The hidden transformational messages in immune challenges
- Key strategies for working with highly sensitive clients
- Simple Mind Body Nutrition protocols for immune enhancement
- How environment impacts immunity
- Somatic and embodiment strategies for low immunity



Women, Food and Health

The special relationship between women and food cannot be overstated. It's beautiful, powerful and rich in complexity. For this reason, it's high time that we elevate a woman's connection with food to the lofty place it deserves, and learn to understand women and nutrition from a fresh perspective. This is an important theme throughout our Training. We'll also visit a man's unique relationship with food and health as well.

Some Key Highlights include:

- Genetic/evolutionary influences on women's relationship with food
- The powerful impact of culture and media
- Masculine and feminine distinctions in stress physiology and metabolism
- Feminine sexuality and its influence on eating habits
- Women, dieting and weight
- A woman's relationship with food through the life cycles
- Archetypal Psychology and the feminine principle
- History taking skills for women clients
- Woman specific listening and coaching skills
- Insights into bulimia
- Working with Queen and Princess distinctions
- Beyond hormones
- Creating a feminine approach to nutrition
- Embodiment practices for women



Bonus Nutrition Module

Though we focus on the Psychology of Eating here at IPE, we strongly believe in the importance of good holistic nutrition. That's why we have added as a special value for our students, a nutrition course that's suitable for those who are beginners in this field, and for those who want a solid review course.

The bonus nutrition module has been produced in conjunction with Hawthorn University, one of the premier professional nutrition schools in the country.

- A holistic approach to nutrition
- Created by Hawthorn University
- Relevant and practical information
- Optional & self paced – study in your own time
- A great added value



Topics in the Bonus Nutrition Module Include:

Whole Foods Nutrition – including Whole Foods, Fresh Foods, Seasonal Foods, Plant Based Eating, Chemical Free & Organic, Lifestyle Factors, Irradiation & Pesticides, Water, Dietary Systems, and more

Digestive Physiology and Anatomy – including Digestive Health, Dysbiosis, Digestive Assessments, Mouth, Stomach, Small Intestines, Villi, Pancreas, Liver, Gall Bladder, Large Intestine, Colon Health, Transit Time Test, and more

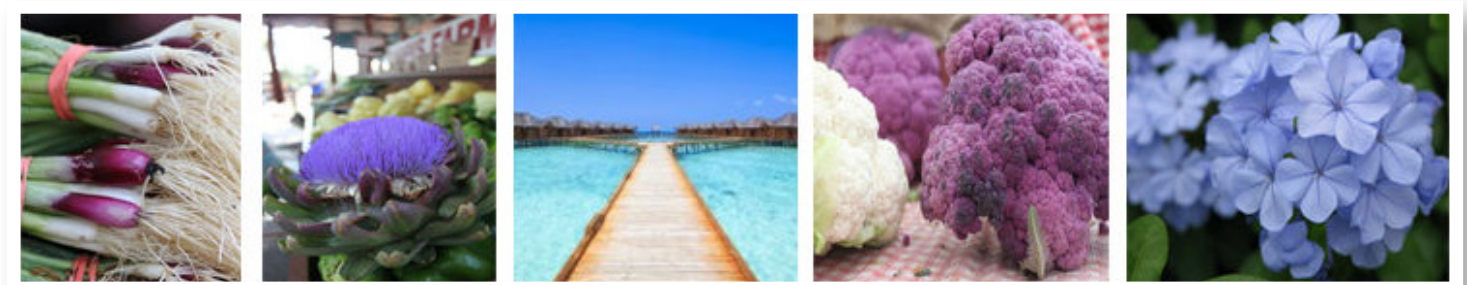
Macronutrients – Proteins, Fats, and Carbohydrates – including introduction to Macronutrients, Overview of Carbohydrates, Glucose, Fructose, Fiber, Overview of Fats, Metabolism of Fats, Intro to Amino Acids, Protein needs, Select Amino Acids

Micronutrients – Vitamins and Minerals – including intro to Micronutrients, Calcium, Magnesium, Sodium & Potassium, Heavy Metals, Intro to Vitamins, RDA, ODA, Antioxidants, Phytonutrients, Supplements

Fundamentals of Diet Evaluation and Planning – including Diet Plans, Food Characteristics, Nutrition Analysis, Client Diet Record, Client Intake Process

Bonus Business Coaching Module

IPE is proud to provide our students with a foundation in business practice and management. That's why we've added as a special value for our students a bonus Business Coaching module that's suitable for those who are just starting out their practice as an Eating Psychology Coach, and for those who want to implement new strategies for increased success.



Some Key Features of the Business Coaching Module:

- The ABCs of starting your own business
- Strategies for marketing and social media
- Relevant and practical information
- Optional & self paced - study in your own time
- Downloadable mp3 files and handouts to keep for life
- A great added value your Eating Psychology Coach Certification at NO additional cost

Topics in the Bonus Business Module include:

Getting Started

Overview of Starting a Business
 Generating Your Brand "DNA"
 The Hidden Metaphysics of Business
 Understanding Your Relationship with Money
 The Core Values of a Helping Professional
 Managing Inner Obstacles
 The Coaching Model
 Legal Do's and Don'ts for Coaches

Building Your Brand and Business

Identifying Your Ideal Client
 Defining Your Niche
 Identifying Your Target Market
 Your Unique Perfect-Client Avatar
 Understanding Your Customer Pain Point
 How to Build "Know, Like and Trust" Factors
 Creating a Community or "Tribe"

Defining Your Business Model

- What are Your Services and Programs
- Getting Clear About How you work
- Defining Your Rates
- Creating Packages
- Working with a Sliding Scale

Setting Up Your Business

- Naming Your Business
- Understanding Professional Insurance
- Filing Systems
- The Importance of Business Banking
- Financial Record-Keeping
- Taking Payment
- Invoicing Clients
- Contact Management Systems
- Creating Your Support Team

Your Client Flow

- Phone vs. Live Sessions
- Scheduling Clients
- Communicating and Interacting with Clients
- How to Create a Safe Space
- Intake Forms
- Client Contracts and Agreements
- Cancellation Policy

Marketing

- Highlighting What Makes You Different
- Elevator Speech
- Communicating About What You Do
- How to Attract clients?
- Where to Market Yourself
- Copy for Website and Brochures
- How to Build your List
- Using Social Proof

Building Your website

- Website Options
- Buying a Domain Name
- Web Hosting Options
- Website Theme
- Website Outline
- Social Media Integration

Creating an Opt-in

- The Purpose of an Opt-in
- Designing an Opt-in
- Important Opt-in Pointers

Blogging

- Blogging Basics
- Important Pointers for Blogging
- Building Trust

Newsletter

- Creating the Right Newsletter
- How to Write a Good Subject Line
- Understanding Your Audience

Social Media Strategies for Success

- The Best Social Media for Your Business
- Basic, Moderate and Advanced Social Media Set Up
- How to Use Meetup for Promotion
- How to Create a YouTube Channel

The Flow of Information

- Understanding Copyright Law
- Internet Copyright Etiquette
- Great Resources on the Web

Testimonials from Our Graduates

“IPE’s professional training was PRICELESS – both for my own personal growth and comfort in my skin, and for my business. I was able to integrate powerful concepts about weight loss, body image, emotional eating and digestive issues into my coaching right away. The Institute’s training is REVOLUTIONARY and a must-have for all practitioners who work with clients on their health and well-being. I can’t recommend it highly enough.”

Carey Peters

Certified Holistic Health & Business Coach

“I cannot begin to express my gratitude for Marc David and his teachings. Throughout IPE’s Professional Training I experienced a personal transformation that was so profound and affected me in many facets of my everyday life. On a professional level, Marc’s words of wisdom and language have empowered me to create a platform for my workshops and one-on-one coaching. I never give a talk or work with a client without delving into the missing piece of the puzzle that became evident during the IPE program: It is not just what we eat, it really is about how we eat. My clients are fascinated and achieve long-term results when they slow down, take pleasure in the eating experience, and become fully engaged in the nourishment process. They usually come to the realization that feeling nourished is not just about the food. I have the skill set and am able to guide and encourage this mind-body connection since studying at IPE. I love what I do not only because it is my passion, but also because I can work with people in a meaningful and transformative way. As I continue to grow personally and professionally, I will hear Marc’s voice and always have him to thank as one of my greatest and most influential teachers.”

Elise Museles

Creative Kitchen Coach & Nourishment Expert

“If you are looking to grow and evolve, both personally and professionally, look no further. The Eating Psychology Coach Certification Training is full of refreshing insights, cutting-edge nutritional wisdom and practical and powerful tools. This Training goes far beyond foundational nutrition. It soars into the heart and soul of the eater. It is an exploration into how we can transform our relationship with food, our bodies and ourselves, and help our clients to do the same. I have been practicing for 10 years and have never found this nutritional wisdom anywhere else. This training has inspired me, energized me, reignited the love for what I do and has made me a finer Nutritional Therapist. Marc David is truly a Nutritional Sage and one of the greatest mentors and teachers I have had on my journey.”

Amy Bondar

Certified Holistic Nutritionist & Nutritional Therapist

“I can’t put into words how much this program has affected the course of my life. I was a personal trainer for 8 years and had lots of knowledge about nutrition and exercise, but I felt like no matter what I did, my own health seemed to continually deteriorate. I was exhausted and frustrated. I was referred to Marc’s program and intuitively knew this was the missing link for me. It felt as if a wise part of me that I had forgotten about a long time ago was reawakened by Marc’s teachings. His insights and perspective have profoundly shifted the way I relate to my body and life in general. This work is sacred and so needed by our world, and has allowed me to help people on an entirely different level in my Health Coaching practice. Marc’s ability to hold space and meet people exactly where they are is so healing. I am grateful to have found this training, and honored to be part of this growing movement.”

Teri Foley

Health Coach – True Vitality

“When I started IPE’s Professional Certification Training, I had been a nutrition practitioner for about 8 years. After working with so many clients, I was frustrated in my ability to guide them in overcoming the true obstacles that were affecting their weight, health, and body image. I knew that learning more about food and nutrition was not the answer. What I needed was a new set of counseling tools to really get the core of our eating issues. Thank goodness Marc David launched this program! To say I was blown away is an understatement. It has changed me personally and professionally. I really thought I had my food stuff “handled”, but as I went through the program I was intrigued to see how the exercises and homework assignments revealed things that were not so apparent to me on the surface, but were affecting my day-to-day life around food, and my love for myself. The container that Marc created to explore these experiences was safe, relaxed and so insightful.

Professionally, I have launched an entire new brand as a result of this training. I now have solid tools in my toolbox to work with food and body concerns on a deeper level – tools that I have since used with much success in my practice. Clients still come to me for the same reasons as they did in the past- weight loss, digestive health, meal planning, etc – but my ability to guide them in the permanent changes they’re looking for has become truly effective and enjoyable.

I can’t recommend this training highly enough. Marc is the real deal as a teacher, motivator, leader and innovator. The material is so unique – and truly the missing piece in the modern nutritional world! I also developed juicy, fulfilling and beautiful relationships with many of the classmates I shared time with during the program. It may just be impossible to go through this program and not make friends and colleagues for life!”

Cynthia Stadd

CEE, Chief Empowered Eater

“As a health coach and food psychology coach, my business is all about helping women evolve their relationship with food, body and desire. What was so memorable about the Professional Certification Training is how thorough and deep we were able to dive into the concepts around all the life factors that surround one’s relationship with food. It was powerful to watch how much my own relationship with food and even my partner’s transformed in this time. Through my own transformation, I am now able to more authentically walk clients through their food issues with much more relaxation, grace and trust in the process. I no longer feel the need to “fix” them. I would wholeheartedly recommend this training for so many reasons! For one, Marc David is by far the foremost thinker and speaker on these subjects. If you are helping people or yourself with food related issues – you want to be tapped into his completely positive messages around weight and eating behavior. With so much pain in our culture around weight, we need a fresh way to see things and work with people. I can’t think of a more sane, intelligent or soulful approach than what you will find at IPE.”

Jenna Abernathy

Divine Hunger

“My history as the manager of a high end catering company in fast paced New York City had left me facing issues around my health prior and during my studies with IPE. Marc David is a master teacher and gave me solutions for my health concerns far beyond the standard medical approach. As a Health Coach and “health nut” I knew about the importance of good nutrition. But what IPE provided me was a whole new understanding of how the thoughts we think and our stress levels have a profound impact on our health. The Training imparted a lesson I will never forget – “The way we assimilate our food is usually a direct mirror of how we assimilate life.” And no matter how many amazing supplements and how much organic food we ingest, if we can’t digest it we aren’t able to assimilate it. The IPE team wove together an extraordinary learning experience, some of which was quite unexpected. I received a whole new perspective on women and their relationship with food and body image that’s distinctively different from my own. Since incorporating what I learned at IPE, I have become a much more compassionate communicator and coach. I will be forever grateful to Marc and his work and recommend IPE to people everywhere I go.”

KB Nau,

EPC, HHC

Holistic Health and Wellness Coach

"I started IPE's professional training program when I was at a crossroads in my life. I knew that I was ready to start working with people to support healing, growth and transformation, but I didn't yet know how I was going to get there. I had many different skills that I acquired over the years, but something about IPE's training and approach resonated deeply with me. Through my education at the Institute, I was able to put together so many different pieces about counseling, nutrition, food and the mind-body connection. Not only did I experience profound personal transformation around my relationship with food and body image, but I also gained invaluable skills that allow me to work with women and teen girls around these very issues. The clients I work with have experienced miraculous changes in their lives because of the way I am able to understand and guide them. I love the work I do. Having such passion for my profession is one of the greatest gifts in my life. Marc David is a true expert and a pioneer in the field of Eating Psychology. His decades of clinical experience and masterful teaching style empower professionals to go out into the field with greater confidence, immense skill and a huge heart. I am profoundly grateful that I found IPE. This program will change your life and infinitely enhance your ability to work with people and support them in meaningful life changes."

Emma Teitel

Teen Girl Mentor & Eating Psychology Counselor

"Participating in IPE's Professional Certification Program was a transformative experience for me both personally and professionally. Having spent the last 25 years in the arena of health and wellness, I was transfixed by the depth and wisdom Marc David brings to his Professional Programs. There is no doubt that he is the international leader in the world of Eating Psychology. His body of work is a critical addition to anyone working in the world of nutrition, nourishment and wellness. I was a changed woman upon completion, and my client base has deeply benefited and flourished as a result."

Nancy Thompson

Cook, Health and Nourishment Coach

"My experience at the Institute for the Psychology of Eating has been profound, powerful and life changing. The Professional Certification Training has provided me with a road map and practical tools for how to navigate my personal and professional life. I have learned so much about the complexities and nuances that shape our relationship with food, self and so much more. I am indescribably excited to apply the principles I learned to my professional practice and I am confident they will help my clients heal at the deepest level. Being in this training has truly been one of the biggest blessings. I would recommend it to anyone who is seeking to truly heal and expand their appreciation for their bodies, and all the energies that impact healthy, nourishing decisions around food. You will never think about food and the connection to how we care for ourselves in the same way again. Marc David delivers his message with so much passion, deep knowledge and compassion for the individual. I am so grateful to have this education to guide me in my practice."

Shelby Frago

Eating Psychology Coach

"My experience with the Institute for the Psychology of Eating was both personally and professionally transforming. Marc David's revolutionary yet timeless concepts and thought-provoking exercises resonated deeply with me. They revealed many profound insights about what shapes my beliefs and behavior, as well as my clients', regarding our relationship with food, weight, health and body image. As a result of the inner work I did in the training, I began cultivating a more soulful, loving relationship with my body—one full of ease, grace, gratitude and acceptance. Thanks to the knowledge, experiences and wisdom that Marc, the IPE team, and my fellow students so graciously shared, I have become a more confident, creative, effective and relaxed coach. I feel more empowered to help my clients cherish and honor their beautiful bodies just as they are. My calling has become more clear—to help women understand, accept, bless and release their life-alienating struggles with food, weight and body image so they can relish a more joy-filled, carefree, peaceful and present-moment life. I am tremendously grateful for all the gifts I have received, and continue to receive, from IPE."

Renee Pletka

CHHC, Holistic Health + Wellness Coach

About Marc David

Marc David M.A. is the founder, director, and primary instructor for the Institute. A visionary leader in the fields of health and nutrition, Marc is a Nutritional Psychologist and the author of two classic and acclaimed bestselling books:

The Slow Down Diet: Eating for Pleasure, Energy, and Weight Loss
Nourishing Wisdom: A Mind-Body Approach to Nutrition and Well Being

Nationally recognized teacher and speaker

Marc presents his expertise in nutritional medicine and the psychology of eating in a fresh and innovative way. His humorous, engaging, and informative speaking style have made him a popular and well-loved presenter and his non-dogmatic approach to nutrition appeals to a wide audience of eaters who are looking for positive, inspiring, and innovative messages about food and metabolism. The powerful body of work presented at the Institute is a result of over three decades of Marc's research, inquiry, and clinical experience that were driven by one compelling question: *How can we combine the best of nutritional science and eating psychology to serve people in a profound and truly effective way?*

He has served on the editorial staff of *Alternative Therapies in Health and Medicine*, and was a senior consultant to the Johnson & Johnson Corporation, the Disney Company, and numerous companies in the natural products industry. Marc was also a long time nutritionist and teacher at Canyon Ranch Resorts and with the internationally acclaimed Kripalu Center for Yoga and Health, where he also served as Chairman of the Board of Directors. Marc has presented at a long list of professional settings including Harvard University, The National Institute for the Clinical Application of Behavioral Medicine, and has been featured on CNN, NBC, and numerous media outlets.

Marc's articles and interviews have appeared in *The New York Times*, *Chicago Times*, *New York Daily News*, *McCalls*, *Glamour*, *Eating Well*, *Utne Reader*, *Natural Health*, *Yoga Journal*, *Bon Appetit*, *Elle*, *WebMD* and many more. His books have been translated into nine languages worldwide. Marc earned his M.A. at Sonoma State University specializing in the Psychology of Eating and trained at the Harvard Mind Body Medical Institute and SUNY Upstate Medical School.

"Marc David is the leading voice establishing the intimate connection between stress, digestion, metabolism, weight, and health. He reminds us that our relationship with food is as important as the food itself. In a world of 'high fad' diets he stands alone, guiding us toward nourishment, pleasure, and healing."

—Mark Hyman, MD, best-selling author