



A ONE-DAY WORKSHOP WITH THOM RUTLEDGE

“What you can really do
about your eating disorder.”

Saturday • January 22, 2011
9:00 a.m. – 5:00 p.m.

The Hilton Arlington
2401 East Lamar Blvd • Arlington, Texas 76006

Fee: \$225

EARLY REGISTRATION PRICE : \$195
(if paid by Friday, January 14th)

To register, email thomrutledge@earthlink.net
with “Arlington” in the subject line.

Thom will teach us how to put his INTRApersonal approach into practice in our day-to-day recovery. The day will be a mix of Thom’s explanations about his work, demonstrations with participants and some therapeutic group exercises. No one attending will be required to do anything she does not want to do. The top priority in all of Thom’s workshops is establishing a safe environment for his participants.

Thom Rutledge is the author of several books, including *Embracing Fear*, *Simple Truth*, *The Power of Self-Forgiveness*, and co-author (with Jenni Schaefer) of *Life Without Ed*. He is internationally known for his innovative approach to treating eating disorders, addictions, mood disorders, and excessive self-criticism (aka: perfectionism). Thom has been featured on NBC’s Today Show, Fox News, CNN and he has consulted with the Dr. Phil Show.

If you would like to attend one of Thom’s Beyond Eating Disorder Weekend Retreats, contact Lizzy Curtis: lizzy@onsiteworkshops.com or ask Thom about the retreats.

More information, visit his web site (www.nutshellwisdom.com) or join Thom on Facebook.