

# Merciful Eating



Jane Rachel Kaplan, PhD, MPH

**By mercifully and yet firmly facing important realities, you can develop a more wholesome relationship to food and your body and learn to maintain a healthy weight.**

- By becoming more fully and compassionately connected with the reality of your relationship to food, you can develop the leverage to change it.
- By acknowledging your honest thoughts and feelings about your relationship to exercise, you can find ways to bring it into your life in a more pleasurable and helpful way.
- By confronting the realities of wellness and health problems, you can strengthen your connection to self-care and your life energy.
- By cultivating mercy for yourself, you can become more aware of the realities of your own lifestyle and find ways to make changes last.

Getting closer to reality can be especially helpful for those with food, eating, and body issues, as it allows for a mindful and focused path toward change.

We will use the book **The Un-Candy Bar** by Jane Rachel Kaplan, to guide us through nine steps to healthy eating.

Jane Rachel Kaplan, PhD, MPH, is a psychologist, author, and educator who developed Merciful Eating to help her clients. She has been working in the field of eating disorders and weight management for over 25 years.

*This small group will meet for six sessions in Albany, off Solano Avenue. The cost is \$300. Please call for dates and times.*

For more information, or to arrange a pre-group consultation, call Dr. Kaplan at:

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