

# Master Your Appetite



WWW.MASTERYOURAPPETITE.COM

## FEATURES:

- \* WATCH YOUR APPETITE FADE AWAY
- \* WORK AT HOME
- \* ENJOY COMPLETE PRIVACY
- \* DISCOVER THAT YOU HAVE WILL POWER WHEN YOU USE IT THE RIGHT WAY.
- \* FEEL GOOD ABOUT YOURSELF
- \* FEEL GOOD ABOUT YOUR CHOICES



## Find Incredible Freedom



## Change Your Brain and Fix Your Appetite

The **BIGGEST MISTAKE** you can make is to focus on your mouth instead of your brain. Your eating is controlled by your appetite switch, which is in your brain.

Depriving yourself, dieting, will get you nowhere. You have to change the cause of appetite if you want to fix your eating.

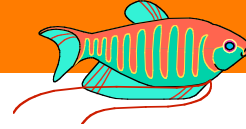
Anytime you eat more than you should, you are proving that your appetite switch is stuck in the on position. You can fix this—and it's easier than you think. You could see results in just 3 weeks, and feel healthier, more peaceful, less driven, and more in control of your life.

THINK ABOUT IT—IN JUST 3 WEEKS, YOU COULD FEEL GOOD ABOUT YOURSELF.

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## Stopping the Misery

People overeat when they don't want to because their brain makes them do it. We think it's the taste or the flavor, but when we overeat, pretending we aren't noticing that we are harming our health and our choices, breaking promises to ourselves and others, we are being driven by the appetite switch in the brain.

Because we've been discouraged by our previous failures to control eating, we have little hope this can change. So you'll be surprised that you can actually see a difference in your appetite by week 3.

EVERYONE who has followed this program has been shocked at how easy it is to fix their appetite switch and has gloried in the relief of having a normal relationship with food.



GIVE YOURSELF A  
NEW DAY.



**"MY PORTION SIZES  
HAVE COME DOWN. I'VE  
BEEN FEELING SO MUCH  
BETTER. I'VE DONE  
NOTHING IN TERMS OF  
DIETING AND I'VE LOST  
10 POUNDS."**

**MYA MEMBER,  
PARIS, FRANCE**

## Prove to Yourself You Are Fixing Your Appetite

HERE'S WHAT YOU WON'T HAVE TO DO:

- YOU WON'T HAVE TO GIVE UP ANY FOODS
- YOU WON'T HAVE TO RESTRICT YOUR EATING
- YOU WON'T HAVE TO WRITE DOWN EVERYTHING YOU EAT

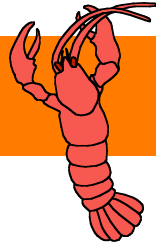
Anne has a simple way for you to track your brain chemicals so that you can see for yourself that your appetite switch is being fixed. For one month you'll use this simple tool that will tell you which appetite chemicals in your brain are out of whack and that the simple tricks you are using are working.

## Change Just 1 Thing and Fix 4 Brain Chemicals

If you're used to suffering to improve your diet, you have a surprise coming. You can fix 3 powerful appetite drivers and wake up 2 powerful appetite stoppers with one simple, painless change.

Benefit from Anne Katherine's 40 years of research and experience with a 50% discount and a bonus gift. Go to:

**WWW.MASTERYOURAPPETITE.COM**



## MYA Online Program

Here’s a well-known fact—people with eating issues are fiercely independent. They want to handle things on their own. They don’t want to have to go somewhere and be in some group.

Anne Katherine has found a way to make that happen. After leading recovery groups for 40 years, she has seen that people do fine while they’re in session. It’s afterwards, on the way home, that they have a problem with food.

Her solution, a brand-new program that lets you work at home, using your computer to access the audios, tools, and worksheets that you will use to fix your brain. You don’t have to meet with a group, you don’t have to show up at any given time, you don’t have to use gas money.

You can work at your own pace, moving forward when you are ready, (although Anne will caution you to take at least 1 week for each simple change during the first month). You will be completely in charge of your own program.

## Biggest Complaint

WANT TO HEAR THE MOST FREQUENT COMPLAINT WHEN ANNE SPEAKS AT HOSPITALS, CONFERENCES, OR IN ONLINE SEMINARS?

**“WHY HASN’T ANYONE TOLD ME THIS BEFORE!”**

When they discover how simple it can be to fix their eating, they get a little riled about the years and dollars they have spent and feeling worse about themselves in the bargain.

Anne has even written a book for your doctor, therapist, husband, wife, sister, or best friend, so that they can give intelligent support instead of putting their foot in your mouth. (It will prove to them that your previous attempts couldn’t have worked no matter how perfectly you tried and that those earlier disappointments were the fault of the diet, not you.)

Restore your reputation with yourself and others as you discover that you can master your appetite.

.....  
“LAST WEEKEND A  
MIRACLE HAPPENED. ....”

HEAR THE REST OF THE  
STORY AT  
[WWW.MASTERYOURAPPETITE.COM](http://WWW.MASTERYOURAPPETITE.COM)  
.....



A NEW DAY CAN DAWN



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**FIX YOUR APPETITE AND  
DISCOVER YOUR LIFE.**



GET IT NOW & JOIN  
YOUR APPETITE  
SWITCH CLUB FOR  
**FREE**

[WWW.MASTERYOURAPPETITE.COM](http://WWW.MASTERYOURAPPETITE.COM)

## Bonus Gift

If you partner up with a friend, **Anne will lead 2 of your at-home meetings in person** (by phone conference call) **FREE!**

(Offers limited by date and a certain number of groups. See details on the website.)



**ANNE KATHERINE...**



ACCUSTOMED TO BEING ON THE CUTTING EDGE, ANNE WAS AMONG THE FIRST TO CAMPAIGN FOR A CHEMICAL CAUSE FOR OVEREATING IN THE MID 80'S WITH HER PIVOTAL RESEARCH THAT LED TO THE BOOK, *ANATOMY OF A FOOD ADDICTION*.

Since then, she's also authored the following groundbreaking books:

- *YOUR APPETITE SWITCH*
- *LICK IT: FIX HER APPETITE SWITCH*
- *BOUNDARIES: WHERE YOU END AND I BEGIN*
- *WHEN MISERY LOVES COMPANY*
- *WHERE TO DRAW THE LINE*
- *HOW TO MAKE ALMOST ANY DIET WORK*
- *PENUMBRA 1; LIFETIMES OF A SOUL*

She's a Certified Eating Disorders Specialist, a Board-certified Regression Therapist, and an MA psychologist with 40 years of experience. She has been recognized by the International Association of Eating Disorders Professionals, and featured in *Counselor Magazine*, *Glamour*, *Cooking Light*, and *HealthWorld* (circulated in Europe and Asia). Her work is recognized on every inhabited continent and in over 33 countries.

Her books have been reprinted in 20 editions or languages.