

# Becky Jackson's starting A New Phone Group !!!

This 10 Week Group will be a  
Dieting: A Dry Drunk book study using my  
DDD Workbook manuscript as a guide.  
It will be renewable in 10 week sessions.

Limited to 8 people...

We will be building ongoing support by connecting  
and sharing emails with group members and in addition,  
there will be suggested writing/reading/meditations as part  
of the group dynamics.

Call 800-278-8050 to register and for more info...

- SCREENING IS REQUIRED -

On Thurs. evening at 5:30 - 6:30pm PST,

starting Jan. 24, 2008

Fee: \$220.00

Dates for the 10 week session:

1/24, 1/31

2/7, 2/14, 2/21, 2/28

3/6, 3/13, 3/20, 3/27

We will be using my DDD Workbook manuscript, which I will email to phone group members in weekly assignments.

### Comments from past participants...

"Becky never ceases to amaze me with her wisdom, compassion, and just plain common sense. My life has changed in ways that I never thought possible since working with her. My recovery from my eating addiction has resulted in positive benefits with regard to my work, my relationships, and my overall sense of well-being. I could not have made those changes without Becky and the wonderful and caring support of the phone group. Thank you."

Anne

"Becky Jackson offers the most profound, most illuminating approach to addictive eating that I've ever seen. It's practical rather than theoretical. The problem is compulsive eating and Becky presents the solution. I've read so many books, had so much therapy, been on every diet. It is through Becky's work that I am learning that it is possible to live in the real world, with real food, real situations and still have stable abstinence and freedom from the pain of this devastating addiction...forever."

Wendy