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**Am I Hungry? E-Newsletter  
January 2007**



Go to <http://www.amihungry.com/pdf/newsletter-01-07.pdf> for a formatted PDF version of this newsletter.

## **Make Your Resolution a Revolution**

By Michelle May, M.D.

Take a moment to reflect on your New Year's Resolutions (assuming you haven't already discarded them). Do they feel like an overwhelming "To Do" list?

What if you already have too much to do? Will exercise and eating healthy fall to the bottom of your list when your day-to-day obligations get in the way?

Statistically, the answer is yes. That's because becoming healthier isn't something you can cross off a list. It's a lifelong process.

Did you just groan?

If your resolution to lose weight makes you feel discouraged instead of inspired, it's time to start thinking in terms of a revolution instead of a resolution. The point is that it is a journey, not just a goal.

You don't have to do it all now - or any of it overnight. You don't have to quit when you don't do it perfectly. Perfection isn't necessary, or even possible.

So rather than adding more resolutions to your To Do list, write your "To Be" list first. Instead of writing "Lose weight," you could write "I will be a healthy, active person who eats mindfully."

With a clear picture of how you want To Be, your To Do list becomes a flexible, step-by-step, lifelong plan for gradually transforming yourself into the person you really want to become.

If your vision includes learning to be an Instinctive Eater again so you can manage your weight naturally, start with our new f\*r\*e\*e Mini E-course to get you started.

In just four very short but very powerful lessons you'll be on your way to freedom from overeating and dieting. To receive a link to the first of your four daily lessons simply go to <http://www.amihungry.com/mini-e-course-intro.shtml>.

Now that's a resolution worth making - and a revolution worth starting!

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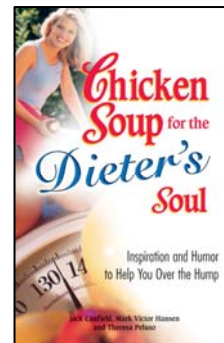
P.S. Health and Fitness Professionals: If you're passionate about helping people make revolutionary lifestyle changes, learn more about the non-diet approach and see how the Am I Hungry? Weight Management program works.

Simply request a complimentary Workshop Overview DVD and CD explaining this rational, innovative approach to weight management:  
<http://www.profcs.com/app/netcart.asp?MerchantID=59012&ProductID=3320078>.

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**NEW RELEASE! Read Dr. May's personal struggle with weight and dieting in Chicken Soup for the Dieter's Soul**

*...At any time of day or night, I found company in the doctors' lounge and comfort in the special-of-the-day. It didn't take me long to discover the double-dipped malted milk balls in the bulk bin. A wax paper sack-full slipped into my white coat pocket would last me all night. Each little chocolate sphere was a consolation prize that gave me the confidence, energy, reward and pleasure I desperately needed...*



Now available at <http://www.amihungry.com/book.shtml> (at the bottom of the page).

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**CAN EIGHT WEEKS REALLY CHANGE YOUR LIFE? ABSOLUTELY!**

**Here's what Jere said:**

*"This program was the missing link in my efforts to lose weight! I was stuck in a vicious cycle and powerless to get out of it. This workshop was an 'Aha moment' for me. Now I instinctively know when to eat and when to stop eating. This has made a significant difference in how I move through my day and approach eating."*

Join Dr. Michelle May for the next Am I Hungry? Workshop in Phoenix, Arizona. Mondays, January 22 - March 12, 2007 from 6:30 pm to 8:00 pm. Space is limited! Read more or register at <http://www.amihungry.com/weight-management-programs.shtml>.

More workshops are available throughout Arizona and across the country. Go to <http://www.amihungry.net/> and click on **Find a Facilitator** in the lower right-hand corner.

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## **HEALTH CARE and FITNESS PROFESSIONALS**

### **Make a lasting impact on the lives of your patients and clients – Becoming a licensed Am I Hungry? Facilitator**

Join us for our next Am I Hungry? Facilitator Training March 29-April 1, 2007 in beautiful Phoenix, Arizona. Continuing education credit available.

This amazing 3-day workshop will teach you how to deliver Am I Hungry? Workshops in your office, community, hospital, corporation or health club. You'll be inspired by accelerated learning techniques, peer-to-peer interaction and MANY great opportunities to practice what you'll teach. (Learn more and read what your colleagues said about the last training at <http://www.amihungry.com/health-professionals.shtml>).

Please request a complimentary Am I Hungry? DVD/CD set so you can decide if this program is right for you and your patients or clients:  
<http://www.profcs.com/app/netcart.asp?MerchantID=59012&ProductID=3320078>.

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### **PAY IT FORWARD!**

If you've ever read anything in this Am I Hungry? e-newsletter that inspired you, please pass it on your friends and family. They'll get a bonus copy of "101 Things to Do Besides Eat" to hang on their refrigerator when they order their own complimentary subscription at: <http://www.amihungry.com/enews.shtml>.

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