


*"There is one thing that medical research on body weight regulation has made abundantly clear: If your only goal is weight loss, and you achieve this through a program of restriction and denial, you are sure to fail in the long run. Lasting success comes only through a sustainable change in mindset. This program provides a valuable tool to help you rebuild your relationship with food in an empowering, and permanent way."*

**Daniel Marks, M.D., Ph.D., Pediatric Endocrinologist** 

*"The strength of Mari's program is in achieving PERMANENT weight loss—the most important thing people can do to improve both their health and appearance as well as adding years and vitality to their lives. There are a myriad of weight loss programs available but virtually none of them work in helping people maintain any loss they do achieve. From personal observation, I can attest that Mari's program does work if one follows the principles she teaches and continues in the follow-up support she offers."*

**John Koroloff, B.A., M.A., M.P.H., Ph.D.** 

*"My fiancé has struggled since he was a young boy with compulsive eating. When we met, he had lost 60 pounds, but had not taken care of the compulsion to eat and in the last year began to gain the weight back. At that time you recommended I read your book for myself. Well, my fiancé read the book also, and it is saving his life! He found the key to overcoming the compulsion, feels in control of the addiction, and no longer feels like he's dieting. The compulsion to eat and the games surrounding it continually become weaker."*

**Mary McGill, M.A., L.P.C., Licensed Professional Counselor** 

*"By the age of 30 I'd achieved a peak of 311 pounds and numerous tragic health and emotional consequences from my compulsive eating. The knowledge that I absolutely must change my behavior, coupled with the belief that I was incapable of it, resulted in constant conflict and turmoil. While surrounded by marketing for every diet and fitness approach imaginable, I knew that these were not real solutions. Yet I saw no other answer in sight. When I found Beyond Compulsion, I knew this approach was different. It isn't about distraction, willpower, and deprivation. It's about facing compulsive behavior with tools that bring real change in thought, feeling and action."*

*Now at 228 pounds and dropping, I'm experiencing many incredible benefits—freedom, and the peace of mind that comes from knowing that I have everything I need to remain free from compulsive eating and all the consequences of that thinking and behavior. I am immensely grateful and I hope many others find freedom in this intelligent approach."*

**Karen Green, Beyond Compulsion Graduate** 

*"I was put on my first diet at age 9, and for almost 50 years I tried everything from medically supervised diets to the most popular weight loss plans to self-help groups. Some of them even worked for a while. But later, because I was trying to fix the problem by dealing with the food instead of the thinking, the weight came back on. And along with the pounds came the misery of hating my body and feeling like a total failure—again.*

*Now I have lost about 100 pounds, and the best part is that I hardly think about food except when it's a natural time to eat or I'm hungry. If I have obsessive thoughts or compulsive feelings about food (and they come very rarely), the tools are there immediately to make the best choice in the moment, emotionally and physically. Mostly, it's a non-issue, and that's a statement I could never have imagined making in the past."*

**Carmen Farmer, Beyond Compulsion Graduate** 

*"I used food to cope with all the things in my life that were difficult. As I watched my weight go up and up and my self esteem and self worth go down, I felt like I would never have freedom from this problem. Now, however, with this program my life no longer revolves around food. I have lost the weight, kept it off and am able to fully participate and live my life. I am more alive now than ever before."*

**Jamie Shultz, Beyond Compulsion Graduate** 

*"At age 50, and 400 pounds, I knew I couldn't go on. Through my doctor I started on a year long journey toward gastric bypass surgery. I was then told I had to lose 10% of my weight before I could schedule the surgery. I was devastated. The reason I'd decided to go through the surgery was because I couldn't lose weight! I thought I'd lost my last and only hope.*

*A social worker provided a list of local programs that might be able to help me. The only one that caught my attention was one about compulsive eating. I called the number and started the classes with Mari. After the first night, I knew that I found what I'd been looking for all my life. A way to deal with my compulsive eating—not another diet path to failure.*

*Just over a year later I am over 130 pounds lighter, but more importantly I'm not eating compulsively. The most amazing thing to me is that I don't spend much time thinking about food anymore—which used to consume the majority of my day! I can enjoy my life, my friends and my family. I have the time and the energy to do so many things I would never had thought of doing a year ago. I have my life back and I'm cherishing every moment of it."*

**Joe Buchel, Beyond Compulsion Graduate** 