

The Center for Eating Disorders at Sheppard Pratt Presents

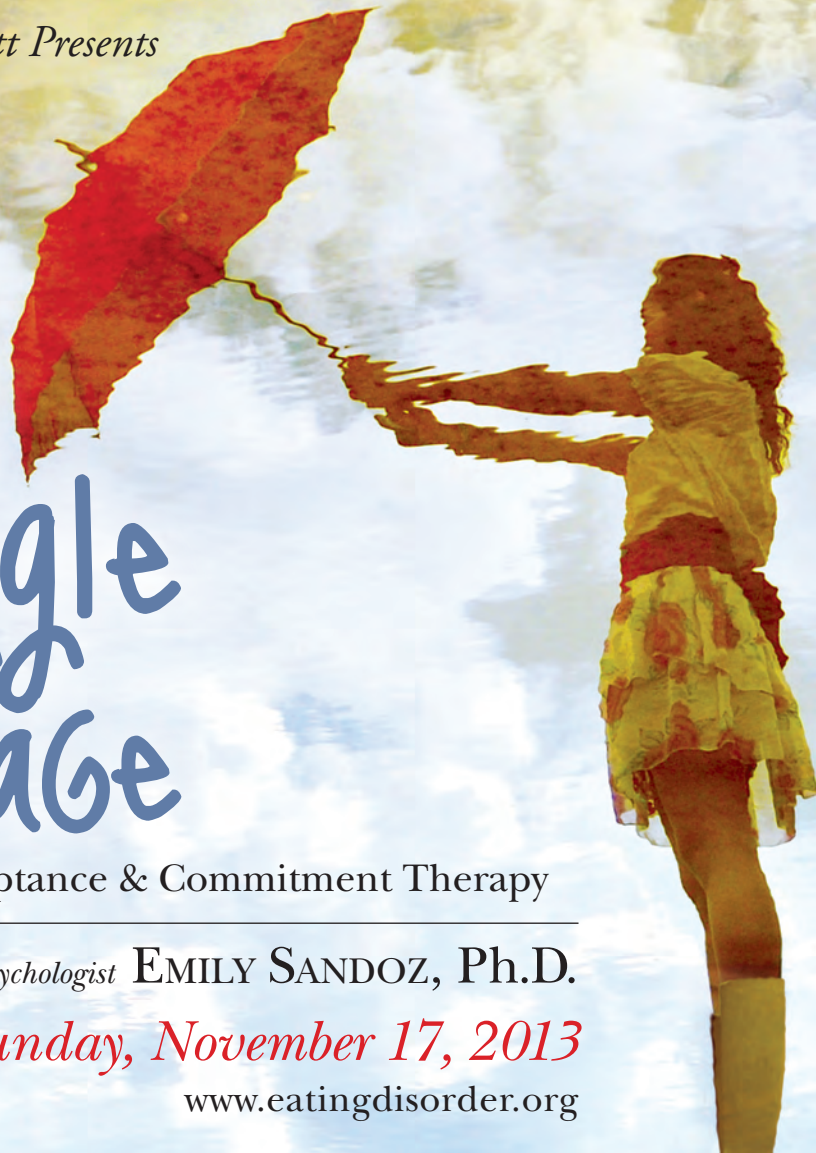
How to
LET GO
of your Struggle
with
Body Image

Using Acceptance & Commitment Therapy

Featuring Author and Psychologist EMILY SANDOZ, Ph.D.

Sunday, November 17, 2013

www.eatingdisorder.org



How to LET GO of your Struggle with Body Image

Using Acceptance &
Commitment Therapy



Presented by The Center for Eating Disorders at Sheppard Pratt
Featuring Author and Psychologist EMILY SANDOZ, Ph.D.

Sunday, November 17, 2013
2:00 to 4:00 p.m.

THE CONFERENCE CENTER AT SHEPPARD PRATT
6501 N. CHARLES STREET, BALTIMORE, MD 21204

www.eatingdisorder.org

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AT SHEPPARD PRATT

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BALTIMORE, MD 21204

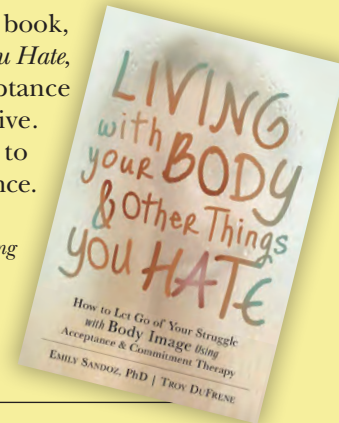


Dr. Sandoz will discuss her upcoming book, *Living With Your Body & Other Things You Hate*, addressing body image from an Acceptance and Commitment Therapy perspective. She will provide powerful resources to help individuals towards body acceptance.

The author's previous two books, *The Mindfulness and Acceptance Workbook for Bulimia* and *Acceptance and Commitment Therapy for Eating Disorders* will be available for sale.

**BOOK SALE AND SIGNING
FOLLOWING PRESENTATION**

Admission is FREE
but pre-registration is requested
Call 410-938-3157 or email
rsvp@sheppardpratt.org



The Center for Eating Disorders
AT SHEPPARD PRATT