

Make Peace
with Eating

Step Beyond
Chronic Dieting

Learn to Eat
Stress-Free

Cultivate Taste
for True Pleasure




Honor your
Body's Wisdom

Reprogram
Unconscious Eating

Nourish the
Whole You

Manifest your
Natural Body

Matters
OF THE
Mind

Meditation for
Healthy Living

Mindful Eating

Eat with Peace, Pleasure and Purpose

with Diane Dimon, Dr.RS

Do you eat too much, too often and too fast? Do you eat unconsciously and automatically? Do you neglect and disrespect your body? Is dieting a way of life and has eating become a source of fear and guilt?

Step beyond dieting and learn a powerful, proven and liberating way to look at food, eating, and your body. Mindfulness is being aware in the present moment without automatic reactions and negative self-judgment. As you become wiser about how your mind and body experience food, your choices also become wiser. Learn skills to eat without stress, reprogram unconscious eating patterns and reconnect with your body's wisdom and beauty - from the inside out. Cultivate your taste buds as you explore true nourishment, and discover how natural and deeply fulfilling eating can be.

Matters of the Mind also offers...

A variety of meditation techniques, retreats, private instruction, and programs for Business, Youth, and Healthcare. Dr. Diane Dimon is founder and director of *Matters of the Mind*, a California-based company that teaches meditation techniques for stress management, self-awareness, and health. She is author of *Finding Stillness*, a meditation training CD, and her upcoming book, *Mindful Eating*.



Dr. Diane Dimon

Call Today to Register 559.447.5850
Visit our website @ www.MattersOfTheMind.net

