What is the Hunger Within Workshop?
This workshop helps participants explore the mental and emotional barriers to permanent weight loss. It is a 12 week, step-by-step program which examines the psychological forces that drive compulsive eating, identifies the triggers that cause a binge, and helps break the vicious cycle of emotional eating.

Where can I find more information?
For more information, call (734) 763-9259 or visit the Hunger Within Workshop website: http://www.thehungerwithin.com/workshops.html