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**Am I Hungry? E-Newsletter**
**August 2008**

For a formatted version of this newsletter:
http://www.amihungry.com/pdf/newsletter-08-08.pdf.

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## WORK IN PROGRESS

**By Michelle May, M.D.**

Like many of you, during August I tuned in nightly to watch Olympians compete on the world stage. As incredible as the events were, the stories of athletes who made personal sacrifices to train every day or who overcame daunting challenge to represent their countries inspired me most.

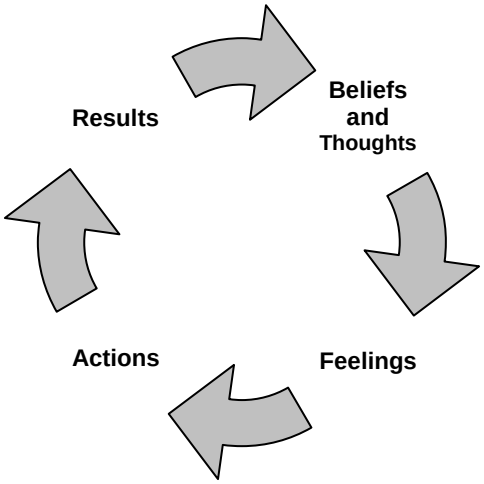
It didn't motivate me to hurdle my dining room chairs or do a handstand from my roof into my pool. (I don't usually dwell on limitations but there are just some things this 45 year old body was never meant to do.) Instead, the athletes' accomplishments represented the daily to-do's I sometimes slog through as well as the larger goals that I've set for my life.

I'd like to share a few great quotes from past Olympians and some of the take-home lessons I can apply each day (even without setting up a balance beam in my family room):

### Change your Thoughts to Change your Results

*"The only disability in life is a bad attitude."* -Scott Hamilton, figure skater

Realize that what you believe and think causes you to feel a certain way, which causes you to do certain things, which ultimately leads to specific results. In other words, your thoughts are self-fulfilling prophecies. Of course, your results usually reinforce your beliefs and thoughts, resulting in either a positive feedback loop or a vicious cycle. If you've taken an Am I Hungry? workshop, the diagram on the right will look familiar.




If you don't like your results, become aware of what you've been thinking. With practice, you can change your thoughts about eating, physical activity, and anything else, to get the results you desire.

## Mistakes are Just Lessons

> *"The worst thing is to be paralyzed by fear. It's better to fall trying. Then you learn what to do so you don't fall again."* -Brian Boitano, figure skater

Every mistake brings you one step closer to being an expert by discovering what's most effective for you. Just do the best you can and learn from what didn't work.

## Advance the Ball

> *"Winning doesn't always mean being first. Winning means you're doing better than you've ever done before."* -Bonnie Blair, speed skater

Don't get trapped into thinking you have to do something perfectly and nothing else will do. I like the football analogy of "advancing the ball." Rarely is a football game won on 80 yard passes. Instead, think in terms of advancing down the field a few yards and first downs at a time. When the window of opportunity to reach your goal opens up, you'll have the momentum and be in position to score.

## Consistency and Repetition Win

> *"To be an Olympian you only have to work out twice; when you want to and when you don't." –Darn, I couldn't find the name of the athlete that said this! The first person to post the answer (with a source) on my blog at http://consumed.freedomblogging.com/2008/08/29/work-in-progress/ will receive their choice of e-books from our catalog.*

Practice, practice, practice. Consistency and repetition are the keys to energizing new behaviors. Baby steps that you're willing to practice consistently will help you gradually rewire what feels good to you. Encourage yourself to move forward toward your goals every day.

**Eat Mindfully. Live Vibrantly!**
**Michelle May, M.D.**

*Share your favorite Olympic quotes and how they inspire you on my blog at http://consumed.freedomblogging.com/2008/08/29/work-in-progress/ and receive your choice of e-books from our catalog.*

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## AM I HUNGRY?® E-MAIL OF THE MONTH

*I took your workshop awhile ago. It took me about a year to really break so many of the bad habits and bad education on nutrition and diet I had been pounded with over 40 years. I started a renewed effort after Christmas of '07. I opened my workbook and attacked it again. On 12/26/2007 I weighed 285 lbs at 5' 7.5" Today, 08/06/2008, my 43rd Birthday by the way, I weighed in at 218 lbs. I've lost 67 lbs!*

*I cannot begin to tell you the meaning your program has had to me. Granted you have to do something with it and it did take me a year to step up but I did it and am doing it everyday. I thank you and so do my children since I can now get on the floor and wrestle with them.*

*Kevin W. Hardin, CMB, CMC, CMPS*

## FEATURE OF THE MONTH: *COMPLIMENTARY* MINI E-COURSE

If you've been reading this e-news but don't really understand why Am I Hungry?® is so different or how it could help you, here's your chance to find out!

Our complimentary mini E-course is four **brief but very powerful lessons** designed to give you a wonderful taste of mindful weight management.

**This E-course is for you if:**

- You've struggled with your weight
- You want to understand why diets haven't worked for you (or most people) in the long run
- You're ready to learn simple strategies for knowing when, what and how much to eat *without* dieting
- You recognize that many of the problems with your overeating might actually stem from "head hunger"

Each lesson will take less than ten minutes but will open your eyes to new ways of thinking about weight management. You'll get a one page summary, a short video clip, some food for thought and more to help you solve your weight problems.

Click on this link to get started! http://amihungry.com/mini-e-course-intro.shtml

## AM I HUNGRY?® WORKSHOPS STARTING SOON

**Workshops starting soon:** Farmington, New Mexico; Columbus / Galloway, Ohio; Seminole, Florida; Reston, Virginia; Ahwatukee, Phoenix and Tucson, Arizona, Kent, Washington; Annapolis, Maryland; Highland Park / Somerset, New Jersey; Provo, Utah; Portland, Oregon; Grand Prairie, Texas; and other cities. Read more and find a workshop near you at http://www.amihungry.com/weight-management-workshops.shtml.

**No workshop in your area yet?** There will be an Am I Hungry?® Tele-workshop starting in October. Visit http://www.amihungry.com/tele-workshops.shtml for more information.

## HEALTH PROFESSIONALS: OPPORTUNITIES TO EARN CONTINUING ED CREDITS

Our August Facilitator Training class is full; the next one will begin in January. In the meantime, if you're a health care professional interested in obesity and/or innovative approaches to wellness, I'll be speaking at several events this fall. The following two are also providing you with a ***limited-time discount*** on registration or bonuses since you are a health professional colleague of mine.

If you know of any other associations, hospitals, corporations, etc. that may be interested in having me speak, please contact me at MMay@AmIHungry.com and/or refer them to my speaking website: www.MichelleMayMD.com.

## 3rd Annual Obesity Congress

WHO: Employers, payers, health care professionals, life coaches, government officials

WHAT: The 3rd Annual Obesity Congress

WHEN: November 20-21, 2008

WHERE: Omni Shoreham Hotel in Washington, D.C.

WHY: To discuss the different issues surrounding obesity and outline solutions to combat the declining life expectancy. Attend provocative presentations from top professionals covering topics such as:

- Community and State-Wide Programs That Promote Healthier Eating
- The Affects of Obesity on the World Economy
- Childhood Obesity
- Chronic Diseases Caused by Obesity
- How Policymakers Have Become Involved in the Obesity Crisis
- Bariatric Surgery Centers – Treating the Whole Patient and Not Just the Weight
- Co-located with this event is the **Positive Psychology Forum**. The Forum will provide attendees core concepts from the positive psychology and strengths movement that can be used immediately to drive organizations and individuals towards health literacy and engagement that promotes and sustains lifestyle behavior change.

For more information or to register, please contact World Congress at 800-767-9499 or visit www.worldcongress.com/obesity. **Mention code MTR792 and save $300 when registering by Sunday August 31, 2008**.

I hope to see you at this exciting event! If you decide to, please let me know so I can buy you a cup of coffee - or at least to say hi!

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## Psychology of Health, Immunity and Disease

The National Institute for the Clinical Application of Behavioral Medicine (NICABM) holds a fantastic conference called the Psychology of Health, Immunity and Disease each December in beautiful Hilton Head, SC (see details at http://www.nicabm.com/?affid=spkrhMy11ec). This is the definitive practitioners' conference in Mind/Body Medicine and I can't recommend it highly enough for out of the box thinking.

I'll be speaking - *and learning* – there too. For a preview of my presentation, read my entry about **Fearless Eating** (scroll down to find it) their blog at http://www.nicabm.com/blog/

They're giving hundreds of dollars of bonuses for the first to register. Go to their website using this link http://www.hiltonheadconference.com/?affid=spkrhMy11ec to get the bonuses. Please email me ahead of time if you're going to be there so we can connect!

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