

Embodiment

FALL BOOK CLUB

STARTS SEPTEMBER 2ND

Unburdened Eating

Healing Your Relationships
with Food and Your Body
Using an Internal Family
Systems (IFS) Approach

JEANNE CATANZARO, PHD


FACILITATED BY
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[PETERSONNUTRITION/BOOK-CLUB.HTML](https://petersonnutrition.com/book-club.html)
OR BY CALLING 804-440-3110


“When we unburden ourselves from food rules, we begin to listen – and heal.”


Join us to explore embodied healing, intuitive nourishment, and freedom from food shame.

Book Club Details

 Book Selection: “Unburdened Eating” by Jeanne Catanzaro, PhD

 Cost: \$240 for the entire program

 Meeting Frequency: Biweekly on Tuesdays
7:00 pm–9:00 pm

 Meeting Time: Starting September 2, 2025–November 11, 2025

 Location: Virtual via Zoom

Why Join Our Book Club?

Community & Support

Connect with like-minded individuals on a journey to food freedom and self-acceptance.

Guidance

Both nutrition and mental health perspectives are explored with trained professionals.

Deep Dive

Nurture a gentler relationship with your body by exploring ideas that honor and respect it—just as it is, without needing to be fixed or improved.

Healing Relationship with Food & Body

Embracing self-compassion, trust, and liberation from diet culture, moving towards body autonomy and body sovereignty.

Inclusivity

We welcome everyone, regardless of their background, to foster a diverse and supportive community.

Books are not provided for the chapter discussions, so securing a library loan or purchase is necessary.

To join us, please register by visiting online at
peterσονnutrition/book-club.html
or by calling 804-440-3110

**Join us in this enriching conversation by
reserving your spot today!**