

# The Inner Diet

**The Inner Diet** is a self-help, home-study program that addresses emotional eating. The Inner Diet was developed in response to the growing demand from the marketplace that attention be given to the psychology of weight loss. More and more professionals now realize that effective weight control must involve the mind as well as the body. This growing movement was the driving force behind the development of The Inner Diet. It is not a psychological test. It is a survey regarding your thoughts and opinions regarding a variety of topics related to eating, dieting and weight control.

## The Questionnaire:

**The Inner Diet Questionnaire** is a statistically *valid* and *reliable* assessment. This means that it has undergone scientific tests that support its findings and its creation was the topic of a Doctoral Dissertation. An example of a *valid* and *reliable* instrument is a tape measure. It measures what it says it measures (inches) and it does it consistently every time you use it. The 40 questions that make up **The Inner Diet Questionnaire** focus on your attitudes, feelings and thoughts about a variety of topics related to weight control, appearance and overeating. There are no right or wrong answers, only a personal and honest assessment of your feelings and opinions. Your responses to the questionnaire will identify how you score on the six **Inner Diet** emotional eating triggers. The theory is quite simple. Before you can solve a problem, you must first become aware that you have a problem. This questionnaire provides that first critical step.

## The Personal Profile:

**The Inner Diet Personal Profile** is what makes this program so unique and meaningful. Depending on how you answer the questionnaire, you receive different information in your profile. That's why we call it a "*personalized*" profile. This is not a "one size fits all" program. Your profile results are truly a reflection of your specific personality. Each personalized profile varies in length from between 8 to 15 pages depending on how you answer the questions. Your personalized profile contains an explanation of each of the six issues, your scores on each of the six issues as well as an explanation of what your specific scores mean.

## The Activity Book:

The 32 page **Inner Diet Activity Book** was designed to provide you with the insight, guidance and understanding you need to make better decisions about the food you eat and the health choices that you make. It will make you a more mindful eater by focusing your attention on those underlying thoughts and beliefs that trigger, motivate and sustain poor eating decisions. As that old saying so accurately states - *If you keep doing what you've always done, you'll keep getting what you've always got!* The Activity Book is divided into six sections and comes with over an hour and a half of audio support. Each section is designed to address each of the six issues identified in your **Inner Diet** Personal Profile. The Activity Book will help you to understand and address those repetitive, self-defeating, thoughts and behaviors that are at the very heart of making poor nutritional choices and weight gain.

## The Inner Diet Audio Support:

**The Inner Diet Audio Support Center** provides over an hour and a half of audio support that walks you through the entire program step by step in order to help you get the most out of your Inner Diet.