



Eat **MORE** to

Lose More

*The **NEW** Rules of Dieting*

CASSIE.net

Get ready!

Here are three questions to answer before we get started:

<i>Q: Why do you want to lose weight?</i>	<i>Q: How long has it been since you've been at your goal weight?</i>	<i>Q: How often is your mind consumed by thoughts of food?</i>
<i>A:</i>	<i>A:</i>	<i>A:</i>

“I just want to be able to go out and eat like a normal person.”

—Every person we've ever worked with, ever.

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Section 1: The Food

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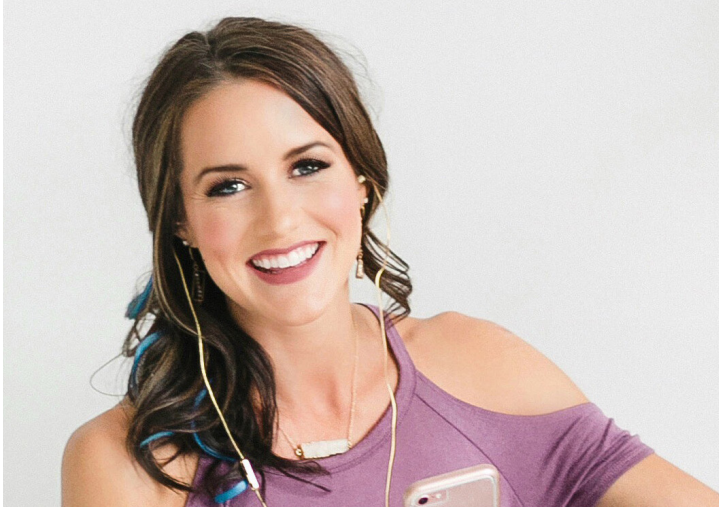
Notes

*“Calories aren’t your enemy;
they’re your energy.”*

–CASSIE

CASE STUDY

Notes



Cassie



Rachel P.

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Section 2: Mindset

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Notes

*“When you stop thinking about food,
and start enjoying it, you can start
enjoying everything else, too.”*

—CASSIE

CASE STUDY

Notes



Sarah C.



Jessica B.



Chelsea B.

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Section 3: The Body

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Notes

*You're not a lost cause,
a mystery, or a problem.
You're a puzzle—and we
can solve it!!*

CASE STUDY

Notes



Kath R.

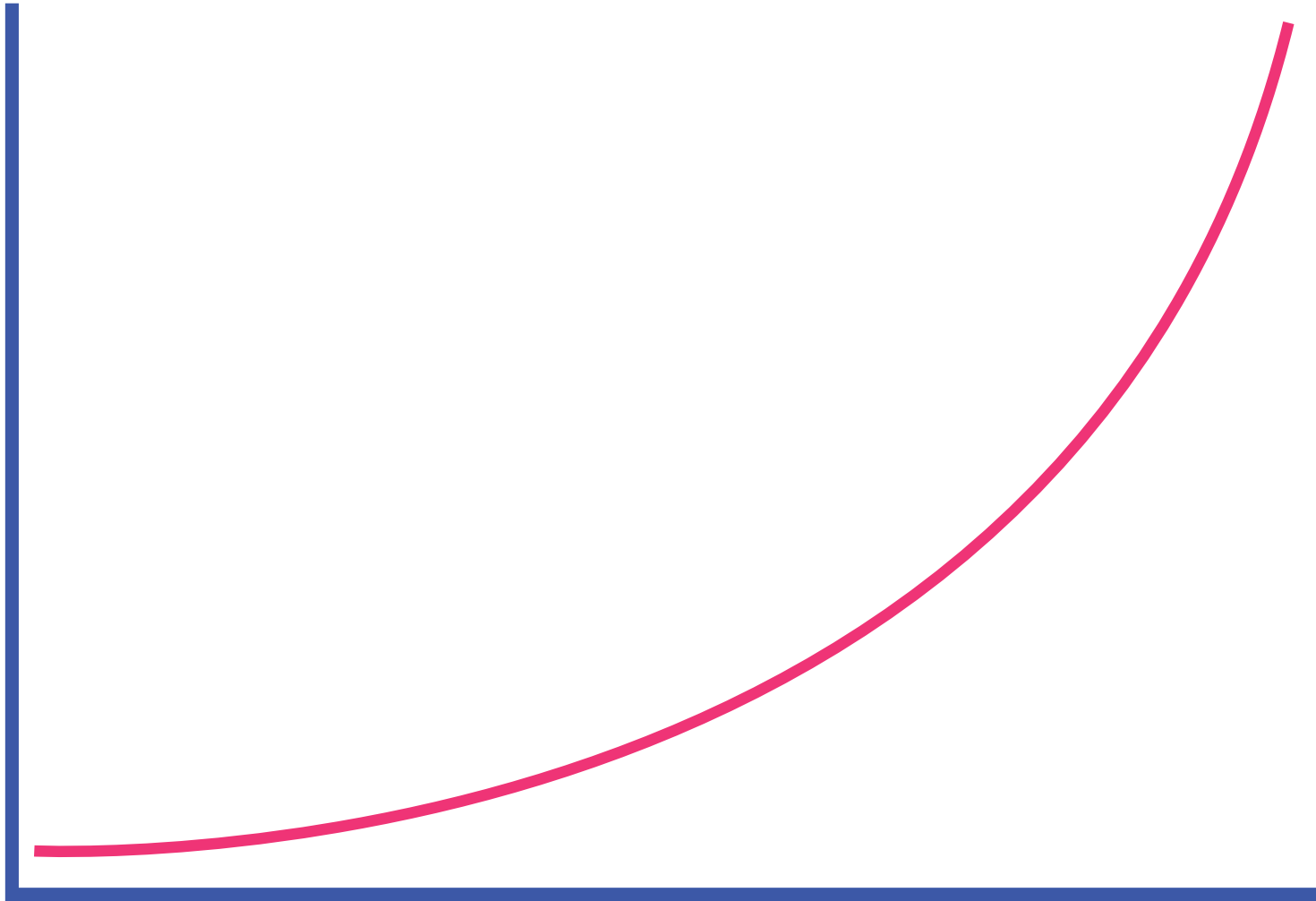


Jackie S.



Wendy G.

..... *Phases to FAT LOSS*



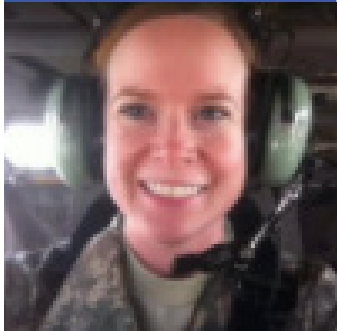
The **RULE BREAKERS** Model

*for losing weight and
keeping it off **FOREVER***



CASE STUDY

Notes



Arlene L.



Sarah S.



Megan S.