



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

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*“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

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*“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 Elements*

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# Notes

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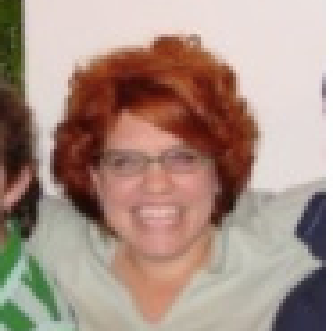
*You're not a lost cause,  
a mystery, or a problem.  
You're a puzzle—and we  
can solve it!!*

## CASE STUDY

## Notes



*Kath R.*

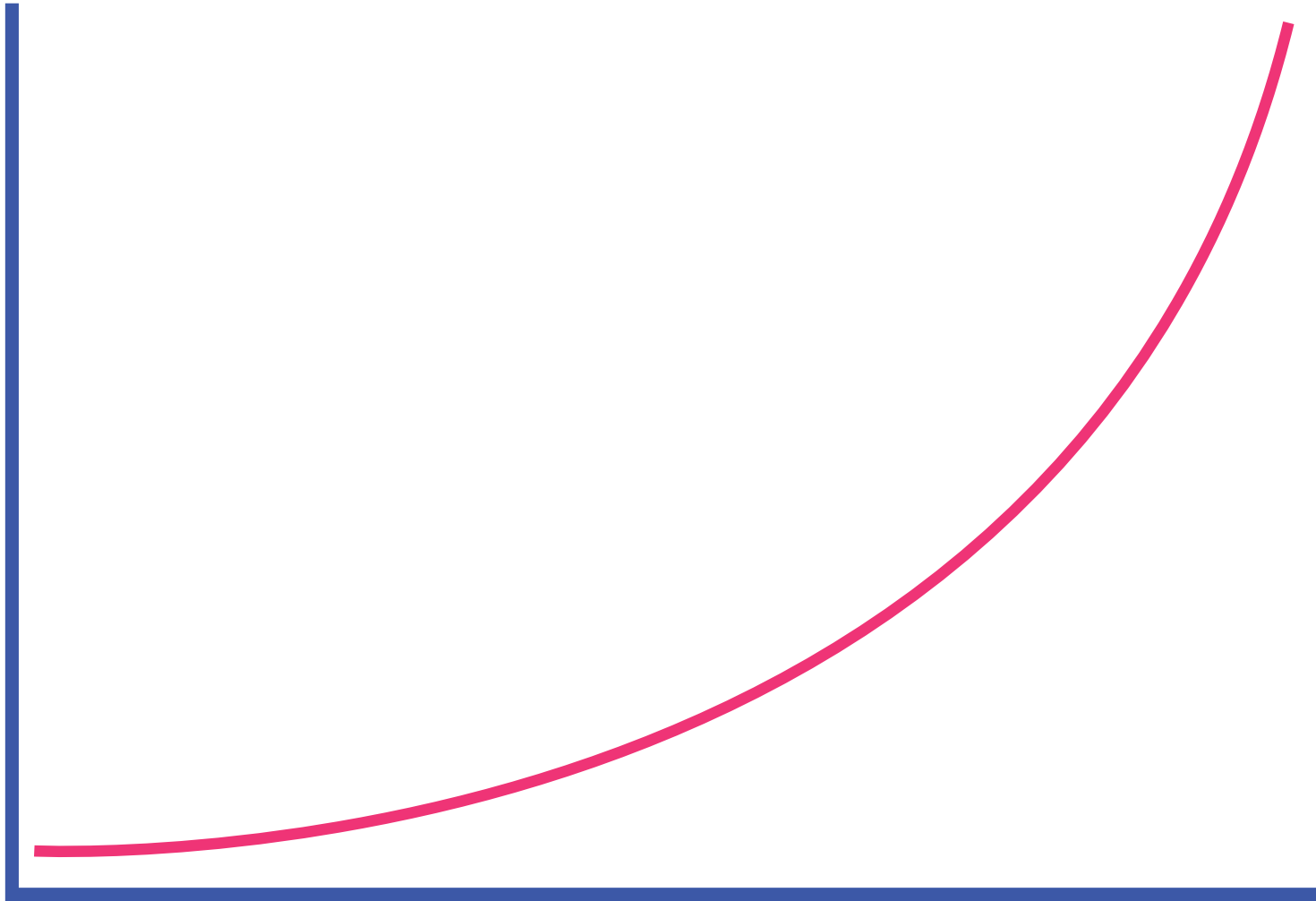


*Jackie S.*



*Wendy G.*

# ..... *Phases to FAT LOSS* .....



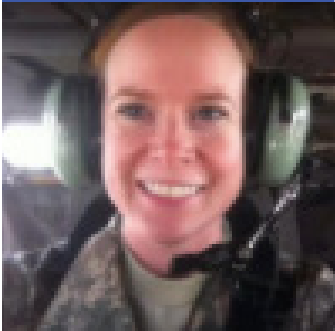
# The **RULE BREAKERS** Model

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



## CASE STUDY

## Notes



*Arlene L.*



*Sarah S.*



*Megan S.*