

Encouragement: for happier hearts in healthier bodies

In the fall of 2001, Ann Pai's older sister, Joyce, died as a consequence of morbid obesity. In the following months, Ann began to face for the first time her own struggle with compulsive eating.

Now, along with her story and her sister's, Ann Pai shares lessons learned from the body's challenges:

- ☞ How can we help someone we love who struggles with obesity?
- ☞ What is compulsive eating, and how can a person begin to manage it?
- ☞ How can we find our first foothold in a journey toward better health?



photo by Jen Mellard,
www.jenmellard.com

Ann Pai has shared her story and insights into the challenges of body image and eating disorders with small groups and audiences of up to 2,000.

Ann's book, My Other Body: a memoir of love, fat, life, and death, was selected by Harvard Medical School as one of only four books recommended for its 20th Annual Practical Approaches in the Treatment of Obesity conference.

Ann lives in Overland Park, Kansas.

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“The way we change each other's lives for the better is by helping each other find the courage to make our own changes.”

Ann Pai's programs and workshops are ideal for:

- ☞ Medical professionals and students interested in the psychology of compulsive eating
- ☞ Women's social and professional groups who seek tools to build positive responses to the issues of weight and body image

“You see me not at the end, but at the start of a journey. Everyone you see is at the start of a journey.”

Ann has a positive message to share about building a better body image and healthier life. From her own experience, she speaks about dealing with the emotional and physical struggles of the body's complex challenges.

What she shares with groups is an honest look at one of those challenges—an eating disorder—and the insights she's gained into building a better life from that difficult starting point.

Participants take away ideas for enriching their own journey in health, and also find new ways of discussing the difficulties and challenges they may be dealing with themselves.

To request Ann Pai as a speaker for your group, or for more information, call 913-486-9121 or e-mail apai@sunspotpress.com.

For more about Ann and the book, *My Other Body: a memoir of love, fat, life, and death*, visit her at www.sunspotpress.com.

