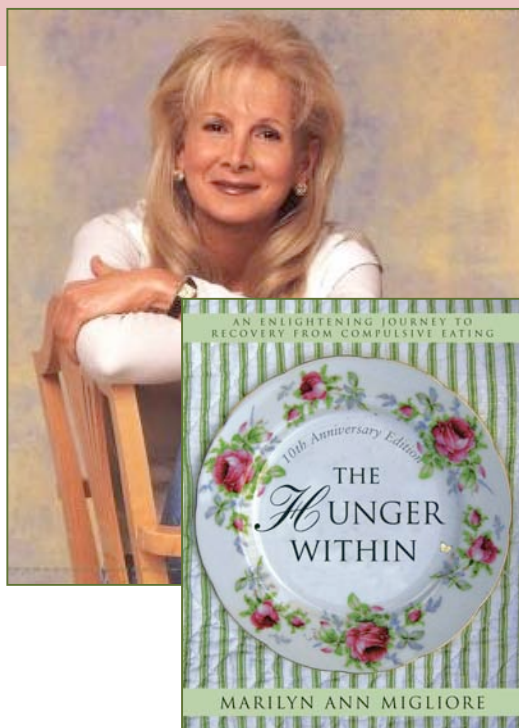


“THE HUNGER WITHIN”

An Enlightening Journey to Recovery from Compulsive Eating

TOP 100 Bestsellers List: Eating Disorders and Compulsive Behavior

---Dictionary of Mental Health



GROUNDBREAKING PROGRAM THAT SHEDS LIGHT ON THE PSYCHOLOGICAL FORCES FUELING COMPULSIVE EATING

Marilyn is the founder of “*The Hunger Within*” program, which includes an inspiring self-help workbook, Companion Audio-Book, Companion Journal, and a nationally recognized, medically-based 12-week treatment workshop that she teaches at the University of Michigan Medical Center. Since developing and conducting “The Hunger Within” Workshop at St. Luke's-Roosevelt - A University Hospital of Columbia University College of Physicians and Surgeons in New York - Marilyn has helped tens of thousands who struggle with eating and weight disorders to discover and disentangle the ‘*internal life script*’ that fuels and drives their eating behaviors.

“Food is the number one mood-altering substance in this country today.”

--- Marilyn Ann Migliore

*******STORY IDEAS*******

Mirror, Mirror on the Wall

A look inside one’s personal struggle with food. An enlightening segment that examines the root-causes of unwanted eating behaviors.

Old Habits Die Hard – Why Diets Don’t Work

95-98% of dieters will regain the weight within 1-5 years. Author/Expert reveals the hidden truth behind diets and discusses the missing link in the treatment of obesity

Food: America’s Drug of Choice

Studies indicate that 75% of overeaters eat in response to emotions. Are you one of them? Find out if you medicate your feelings with food and what to do about it.

Hungry? Or Are Your Emotions Growling?

Learn to distinguish between true hunger, habit, and cravings and discover which leads you to the refrigerator door.

Forbidden Fruit – Weighing the Facts on the Sin Tax

\$147 billion dollars were spent on the treatment of obesity related illnesses in the US this past year. Learn why imposing a “sin tax” is not the answer.

Top 10 Negative Thought Traps That Have You Asking for More

Expert reveals the top 10 negative thoughts that have you stuck in a vicious cycle of self-loathing and compulsive eating and what you can do to break the cycle.

The Hunger Within – A Multiple Part Series of Exploration, Discovery, and Recovery from Compulsive Eating

*An interactive, multiple part series replicating the course of treatment Marilyn Ann Migliore offers at the University of Michigan, “The Hunger Within” can help your audience: **Explore** the roots of their eating behaviors; **Discover** their own psychological “cast of characters” and the important roles they play in the interplay of food and feelings; and **Recover** through a series of guided visualizations and writing exercises.*

Unprecedented access into the root causes of compulsive eating!

Author/Expert has helped tens of thousands break the cycle of emotional eating by examining not *WHAT* to eat, but *WHY*.

- For 75% of overweight individuals, food is not the issue.
- Current therapies (including diet, exercise, medications, and surgery) only treat the symptoms of obesity
- Only by examining the root causes, can we break the cycle of compulsive eating
- Learn to explore and subdue the internal forces that fuel and drive emotional eating
- Mood & Food – The missing link in the treatment of our nation's obesity epidemic

PRESS MENTIONS / SPEAKING ENGAGEMENTS

Marilyn Ann Migliore is a seasoned media professional. She has been featured in: *Redbook Magazine*, *Ann Arbor News*, *Shape Magazine*, *Fitness Magazine*, *Self Magazine*, The University of Michigan Health Minute, The University Record (a publication of The University of Michigan), ABC7 News – Detroit, Michigan, WGPR *The Senior Solution* (a Detroit Radio talk show), WOR (*The Joan Hamburg Radio Show* in New York), and Marilyn was a guest speaker on *Healthology*: a leading distributor and producer of live web-casts relating to medical and health topics in New York.

Marilyn has developed and conducted ***The Hunger Within One-Day Workshop*** for Health Professionals sponsored by The University of Michigan Medical Center. She has been a keynote speaker and featured presenter throughout the **medical professional community** in the State of Michigan. She is a featured speaker on the academic campus of the University of Michigan, where she presents health topics related to eating and weight disorders to the student population on a semi-annual basis. She also presents at the University of Michigan Hospital, both to health care professionals and hospital staff, at least 3-4 times per year on topics related to the health care of disordered eating. She presents to various community groups and organization throughout Michigan. Marilyn's work involves conducting ***The Hunger Within*** Workshops.

Marilyn Ann Migliore is a public speaker, presenting to "live audiences" on a daily basis.

AVAILABILITY: Nationwide by arrangement

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WEBSITE: www.TheHungerWithin.com

EXTRA!! EXTRA!! STORY IDEAS

Top 5 Reasons Dieters Eat Away Their New Year's Resolutions

Resolve to break free from the diet mentality this year.

Mixed Media Messages

Why repeated exposure to media messages regarding food, eating and body image are making Americans sick. Expert reveals proven techniques to undo the damage.

Quick Tips for Parents: How to Raise Healthy Eaters

Simple tips to help your kids develop a healthy relationship with food.

Compulsion Swap: Why Gastric Bypass Surgery is NOT the Answer!

Learn why surgery does not stand a chance against an untreated compulsive eating disorder.

Celebrity Rebound

After countless diets, weight-loss program endorsements, exercise and even bariatric surgery - find out why Oprah, Kirstie Alley, Whoopi Goldberg, Star Jones, and Carnie Wilson may still be battling their weight.

Demystifying Food

All things in good measure. Are Twinkies terrible? White bread wicked? M&M's bad? Let's change our food focus and help your audience discover the hidden meaning behind certain foods.



PRAISE FOR "THE HUNGER WITHIN"



"This book is simply incredible. The fact that it is set up like a seminar/workshop with exercises (as in assignments) is just wonderful. It really allows you to get involved with the book and with overcoming your problem. **You don't just learn about your problem-you actually take the physical steps in moving forward.**"

"The answers really do lie within this book! Marilyn goes through three different characters' perspectives throughout their journey from enlightenment to recovery. She **offers many exercises** throughout the book along with the three characters' responses to each situation. Watching their recovery itself in a group therapy-like surrounding really **helped me feel like I wasn't alone . . .**"

"I wish I could have found this workshop a lot earlier. It has made a big change in my life. **I have been forever changed!** Thank you."

"This is probably **one of the best things I have done for myself!** I am absolutely amazed at what I have learned!"

"I want to share my progress with you. Since September **I have lost 100 lbs.** My blood pressure is 104/58. My little sister said to me the other day that I seemed different, not only my physical appearance, but my insides. She said you're happy. **I haven't weighed this weight since the late 80's**, but the difference is I didn't feel good about myself then. I can shop in the regular clothes department now and the selection is so great. You and your workshop have been a miracle in my life."