

## **Pam Meyerson & Associates**

### Description:

Do you worry about your weight constantly? Have you tried every diet out there and failed? Do you eat when you are not hungry? Do you wish food were not so important to you? If you answered yes to any of these questions then you know that your weight is an obsession that you need help with. I provide individual and marital therapy to help clients who have eating disorders. An eating disorder is one of the most frustrating disorders to deal with. One of the reasons for this is that we have to eat to live but when we are obsessed with food and our weight we don't know how to do that normally. If you are struggling with an eating disorder you most likely worry a lot. Does your mind constantly race? Do you have a hard time making decisions? Does your eating disorder get in the way of your life? Therapy helps us figure out why we eat, what normal eating is, and how to change our behaviors. The question to ask yourself is do you want to live this way the rest of your life. Please call f

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