

MentorCONNECT Telconference Series

YOU ARE INVITED TO ATTEND

A FREE Teleconference

w/ Thom Rutledge, Shannon Cutts & Jeanette Henriques



★ “PERFECTION IS NOT ONE OF OUR CHOICES”

In this teleconference, Thom, Shannon and Jeanette will lead a discussion about one of the most dangerous pitfalls of eating disorder recovery: the unrelenting and destructive drive to measure ourselves against a standard of perfection. The timing of this discussion is, of course, “perfect,” as we all prepare for a new year --- and a new decade.

When: Wednesday, December 9, 2009

What time: 8:00 - 9:15 p.m. Central Time

RSVP to: mc@key-to-life.com



Thom Rutledge is the author of several books, including *Embracing Fear: How to Turn What Scares Us into Our Greatest Gift*. His INTRApersonal Therapy methods are used extensively by outpatient and residential eating disorder treatment programs in the U.S. and Australia. Thom's next **Beyond Eating Disorders Weekend Retreat** is scheduled for **March 12-14, 2010**.

FOR MORE INFORMATION:

www.nutshellwisdom.com and/or join Thom on Facebook

Shannon Cutts is the author of *Beating ANA: How to Outsmart Your Eating Disorder & Take Your Life Back*, and the founder of MentorConnect, the sponsor of this Teleconference series.

Jeanette Henriques is a survivor of an eating disorder and today counsels and mentors those with eating disorders as well as victims of abuse. Her message to all those that struggle is one of hope and acceptance and encourages people to work towards their dreams because anything is possible.



MentorCONNECT is the first global online eating disorders mentoring community. In addition to offering one-on-one mentoring matches, your free membership includes access to a password-protected, moderated, PRO-recovery community forum with a live weekly e-support group, other special events, a wide variety of online themed support groups, recovery blogs, personalized profile pages, the ability to upload photos/video/songs/artwork, and chat/email services. To volunteer your services as a caring mentor, be matched with a mentor, or find general support, visit us at ...

www.key-to-life.com/mentorconnect