

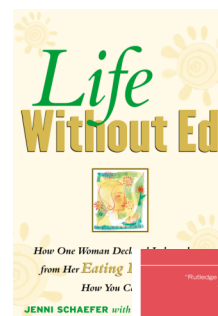
# MentorCONNECT Telconference Series

YOU ARE INVITED TO ATTEND

A **FREE** Teleconference  
with **Thom Rutledge**

“TALKING BACK TO ED”

*In this Teleconference you will learn how to distinguish your authentic voice from the voice of your eating disorder, and how to put yourself in charge. “Easier said than done,” Thom says, “but totally doable.”*



★ **When: Wednesday, July 8th, 2009** ★

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

**RSVP to: [mc@key-to-life.com](mailto:mc@key-to-life.com)**

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**Thom Rutledge** is a psychotherapist, speaker and trainer who specializes in treating eating disorders, addictions, and debilitating perfectionism. He is the author of *Embracing Fear: How to Turn What Scares Us into Our Greatest Gift*, and is best known in eating disorder recovery circles for his innovative application of his *INTRApersonal Therapy™* model to eating disorders, as described in Jenni Schaefer's best selling book, *Life Without Ed*.



**For more information about Thom,  
visit [www.nutshellwisdom.com](http://www.nutshellwisdom.com)**

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**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](http://www.key-to-life.com/mentorconnect)**