

HUNGRY for
HAPPINESS



Who is Samantha Skelly?



THE HUNGRY FOR HAPPINESS MISSION

TO COMPLETELY REVOLUTIONIZE THE
WEIGHT LOSS INDUSTRY BY HELPING
PEOPLE HEAL THE EMOTIONAL WEIGHT
ON THEIR BODIES THAT THE PHYSICAL
WEIGHT REPRESENTS.



HOW DO WE DO THIS?



THE PHOENIX FORMULA



Online Programs

The screenshot shows a Facebook group page for "Hungry For Happiness - Secret Society 003". The page features a cover image with the text "HUNGRY for HAPPINESS" and "THE SOCIETY". The group is a closed group with 33 members. A pinned post by Samantha Skelly, dated 13 March at 09:12, discusses "MODULE 16 - COMMITMENT AND INTEGRITY" and mentions "heart-opening, truth-bombing goodness". The page also includes a sidebar with navigation options like News Feed, Messenger, and a list of group shortcuts. On the right, there are sections for "ADD MEMBERS", "MEMBERS", and "SUGGESTED MEMBERS".

Group Name: Hungry For Happiness - Secret Society 003

Group Type: Closed group

Members: 33 members

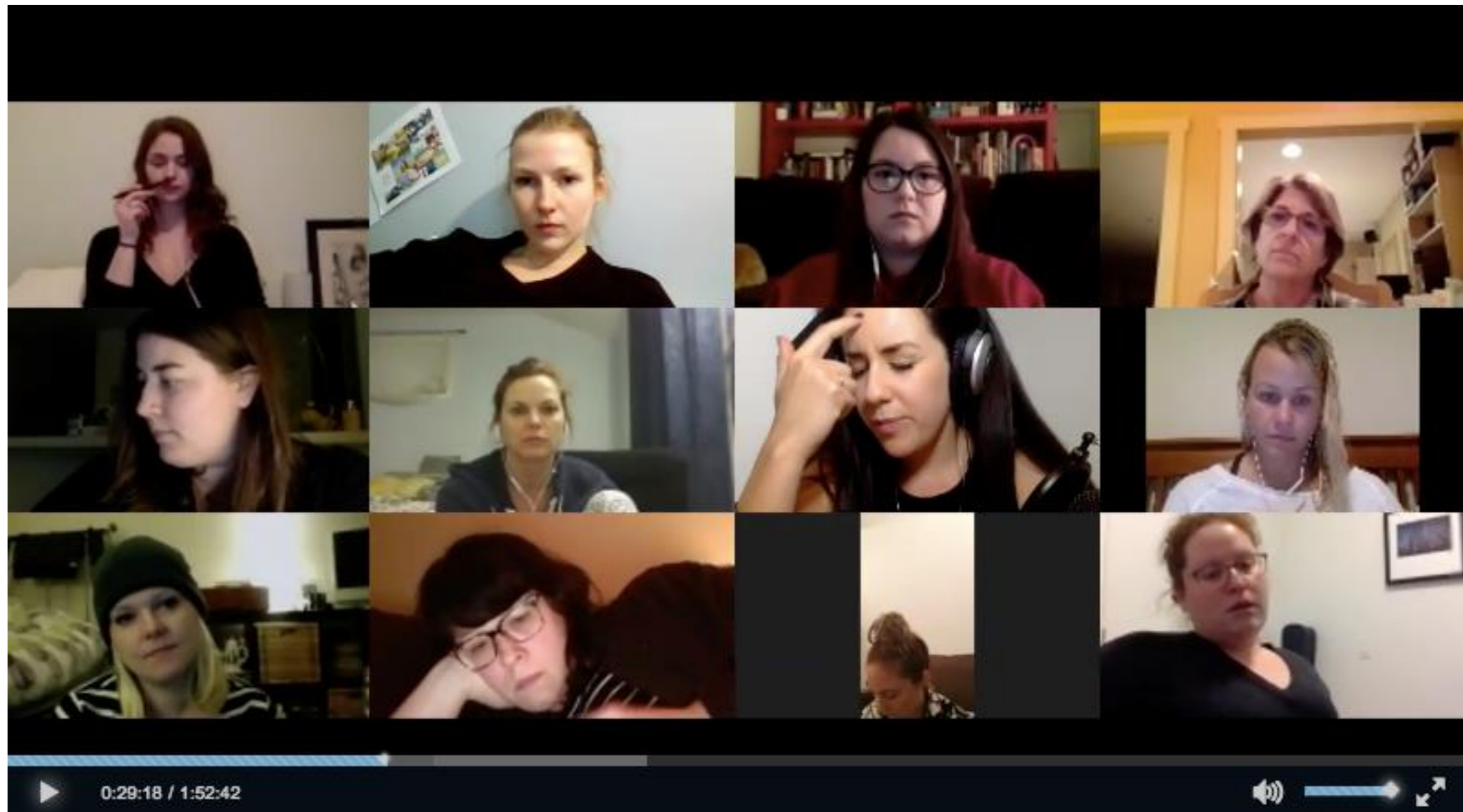
Post: [MODULE 16 - COMMITMENT AND INTEGRITY]
I wonder if this week will be another week of heart-opening, truth-bombing goodness - I think so! 😊
This week we are talking about the intersection between commitments and

Members List:

- Shannon Graham
- Olivia Keane
- Ashley Nolan Chant
- Rachel McHollister



The Webinars



LIVE EVENTS & RETREATS



OVER 20,000+ IN 56 COUNTRIES



the scary statistics

A study asked 9,282 English-speaking Americans about a variety of mental health conditions, including eating disorders. The results, published in *Biological Psychiatry*, found that 3.5% of women and 2.0% of men had binge eating disorder during their life.

This makes BED more than three times more common than anorexia and bulimia combined.



UNDERSTANDING WHY BINGE EATING HAPPENS

- Clients have a resistance to emotional pain
- A physical reaction to deprivation, caused by body image related restriction
- Self Violence, punishment towards the body/self
- Sexual abuse - physical barrier to intimacy



The relationship people have with food is data

The relationship we have with food provides us information on what is occurring on our emotional landscape. We can use this data as guidance to find out what we need to pay attention to and ultimately heal.



How to NOT heal BED

- Do not manipulate or change food intake
- Do not talk about calories, numbers or weight
- Do not introduce an exercise plan
- Do not externalize the internal issue



Beliefs -> Thoughts -> Feelings
-> Actions -> Results



how to derail binge eating

Using the breath

Understanding the importance of state change

Tools to shift, sit with and heal pain

Compassion, curiosity & self inquiry

Being the observer

Understanding core needs of the individual

Intentional movement practice



THE STIGMAS

Those suffering from BED do not always appear to be overweight. Those suffering may also have long periods of restriction and binge/diet cycling which physically isn't apparent on the body.



HOW TO HELP YOUR CLIENTS

- It's a common disorder, affecting 4 million Americans
- Do not introduce any meal plans or meal monitoring practices for them
- Speak to the complexity of BED
- Education on the fact it's emotional & not a case of willpower



Q&A

