

VALENTINE'S DAY NEWSLETTER

I am so excited about our recent Treatment Teleseminars (TT) TM. (<http://judihollis.com/t-t/>). I met with eight people each week for twelve weeks on the telephone. The process began the week before Thanksgiving and is designed to help us make it through that rough holiday season when many gain thirty pounds. We completed the TT on Superbowl Sunday, two weeks before Valentine's Day. The seminars replicate a three month treatment program that is done from your own phone each Sunday morning. Our group included people calling in from Texas, Florida, California, Vermont, Vancouver, Montreal, and even Alaska. Each participant is sent audio tapes of lectures I delivered at my Hope House back in 1985. The material is still as relevant and pertinent as it was then. I am surprised at how many people have not looked at their recoveries in these ways.

Participants reported that their most important lessons gained were about vulnerability, holding things with a loose hand, knowing what you know, moderation, pursuing a gentle, cumulative approach, and seeking to live a more examined, disciplined, colorful life. I am ecstatic that each participant attended OA meetings, most got themselves a sponsor, and best of all, have decided to keep on meeting *without me*. They have formed a cohesive group helping each other. Part of my graduate school training incorporated the idea "If you are doing it right, the patient thinks they did it themselves." Though I know this group appreciated my involvement, I am most pleased that they are continuing on without me.

The Treatment Teleseminars (TT) TM are only offered once a year, over the "holiday season." Upon signup, participants are supplied with tapes to begin listening to the lectures. There is also access to recordings of any missed classes. Let me know if you are interested for next year.

There has been suggestion that I start a Teleseminar book study to go over all four of my books. Let me know if any of you have interest in that.

In the meantime, please remember that I post a weekly video blog, Dr. Hollis' Weight Loss Solace where any questions can be answered (<http://judihollis.com>).

LA Yoga Journal for February, 2013 has posted a great writeup about FROM BAGELS TO BUDDHA. Please take a look. (<http://www.layoga-digital.com/layoga/201302/?pg=31&pm=2&u1=friend>).

Remember this Valentine's Day to get yourself what you really, really want.....

Below is my appearance schedule for this spring. We are not sure of the date yet for WOMEN WHO WRITE, it will be sometime in May. Check out http://www.vickiabelson.com/site/Women_Who_Write/Women_Who_Write.html for more information. It was so great last time I spoke there when people from my very first treatment center showed up. Hope you make it again this year!

THIS YEAR, RESOLVE TO LEAN IN

***Saturday, February 9, 2013 11AM to 1PM**

Book signing of new release...

FROM BAGELS TO BUDDHA, How I Found My Soul and Lost My Fat

Barnes & Noble Redlands
Citrus Plaza Shopping Center
27460 Lugonia Ave.
Redlands, CA 92374
(909) 793-4945

***Sunday, March 3, 2013**

Book signing of new release...

FROM BAGELS TO BUDDHA, How I Found My Soul and Lost My Fat

Just Fabulous Book Store
515 N. Palm Canyon Drive
Palm Springs, CA 92262 (760) 864-1300

***Sunday, March 17, 2013 10:30AM**

**Serenity Sunday
Overeaters Anonymous Meeting**

Roxbury Park Clubhouse
471 South Roxbury Drive
Beverly Hills, CA 90212
Contact: John (310) 559-6159

***A Tuesday in May**

Women Who Write

Los Angeles, CA

Contact: Vicki Abelson allthemabelsons@earthlink.net

***Friday, June 28, 2013 4PM to 5PM**

**Overeater's Anonymous Convention
Judi will present a meditation workshop for 1 hour.**

Hilton Hotel
400 E Tahquitz Canyon Way
Palm Springs, CA 92262
Contact: Pam (323) 734-1873