

The logo features a stylized anchor shape composed of a blue curved line on the left and an orange curved line on the right, both curving upwards. A green circle is positioned behind the orange line, partially overlapping it.

# Anchor

THE ANCHOR PROGRAM  
Reclaiming Your Body's Wisdom

*5 Steps to End your Battle with Food and Finally Start to Live Again!*



Hi,  
I'm Carolyn Coker Ross, MD. I'm a specialist in treating eating disorders and addictions. I love to help people, just like you break the hold that food and body image issues have on your life. I teach women and men just like you how to transform their relationship with food and their bodies, manage cravings and put an end to food obsessions. You are more than your weight or your food obsessions. I will help you get in touch with your authentic self so you can be the person you desire and have the life you deserve.

## ***Why You Want to Reclaim Your Body's Wisdom...***

The truth is you may be tired of trying to fix, improve or change your body, your eating habits or how you feel about yourself. The 5 Steps to Recovery are NOT another tip or tool that will leave you feeling even more disappointed in your life. Using these 5 Steps will instead enable you to remove emotional blocks to reaching your heartfelt goal to heal your food and weight issues.

## ***This is What Reclaiming Your Body's Wisdom feels like...***

You may have been on multiple diets with the idea that "just losing weight" would fix all your problems. Perhaps you've realized that these issues are about how you use food to deal with your emotions, experiences from your past, and beliefs that have resulted from past hurts or traumas. With this e-book and the 5 Steps to Recovery you will find yourself more able to express your true, authentic self without having to worry about your size or what other people think of you. By working on your food and weight issues on a deeper level, you can expect your healing to also be deeper and more sustainable.

1

Superficial Level

Eating Disorders, Substance Use, Depression, Anxiety, Sexual Compulsivity, others

2

Emotional Soup

Shame, Fear, Anger, Joy, Guilt – Emotions in control of the person. Emotions are the fuel for behaviors.

3

Sensate Level

The body sensations associated with emotions

4

Core Beliefs

Beliefs formed in the midst of intense emotion, often forgotten but unconsciously these beliefs continue to shape and drive behaviors

5

Deep Soul Urges

The authentic or true self which is camouflaged by all of the above, Passion or Bliss. Your soul's desires





# 1 Health First, Then Weight

*“Superficial behaviors are a way to keep powerful emotions and beliefs at bay.”*

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Imagine what your life would be like if you didn't spend most of your time thinking about your weight, how to lose weight, what you look like, how ashamed you are of your body, what you're planning to eat or what you are trying to keep yourself from eating, and so on. Each of us has within us a longing for our best life, for our dream life. What is confusing is that we have equated superficial qualities of appearance and size, for example, with what

they represent for us in our best life. When you've tried all the diets that have promised the impossible, when you've come to realize that you are not happy living in the box that society and your own past have put you into, and when you are ready to live with courage and have a desire to heal, then you are ready to move deeper, where you will discover your anchor—your own true self. It's not about taking a big leap but rather about taking a series of next steps.



## 2 Emotional Soup ...

If you're numbing your emotions with food or alternating between denying your feelings and being overwhelmed by them, they find expression in the foods you eat, in the size and shape of your body, and in the need to eat foods that may be soothing momentarily but don't quench the soul's hunger for expression.

While eating in response to emotional triggers or negative moods is common in many with weight problems, you may have noticed that the negative emotions don't go away after you binge or overeat. It is important to understand that emotions are often the driving forces behind your behaviors.

When you start to accept and honor your emotions and learn to regulate them without food, you will be able to address your soul's hunger, which is not for food but for self-expression and for healing.





# 3 *Embrace Bodily Wisdom*

If you've been struggling with your weight for most of your life, you may view your body as an adversary when in fact, it's your greatest ally. The body is the early warning system that helps you identify the emotions that are driving your behaviors. Your body can provide you with expert advice on what to eat and how much to eat. You

can also use your body to experience true mindfulness by connecting to your body's wisdom and using your body to ground yourself emotionally. When you experience negative feelings about your body, it may be the result of past hurtful experiences from childhood, which can lead to a disconnection between you and your body. Eckhart Tolle, the well-known author and

spiritual teacher, said: "Most humans are never fully present in the now, because unconsciously they believe that the next moment must be more important than this one. But then you miss your whole life, which is never not now." The body is always in the present moment—it has no other choice.



# 4 *Create New Core Beliefs*

Unconscious core beliefs can stand between you and your goal to put an end to your food and body image issues. Sometimes core beliefs are related to trauma, abuse, or neglect, but they can also originate from other experiences you had in your family growing up. When first formed, core beliefs are solutions to problems you couldn't solve – perhaps because you were too young and didn't have the emotional resources at the time. Core beliefs represent the way you see yourself, other people, the world, and your future and are usually related to primal needs, such as the need for safety,

attention, love, and trust. Being under the influence of core beliefs is like living in a dream. When you're asleep and you have a vivid dream, the dream seems completely real. But when you wake up, you are able to look back over the dream with a different point of view and recognize that the dream wasn't real. The same experience can occur when you identify a prominent core belief. In order to change a core belief, you have to change your perspective (wake up from the dream). When your perspective shifts, you can honor the role core beliefs have served for you, while also letting go of those beliefs that no longer serve you.



## 5 Finding Your Anchor

You may be like many people who have come to realize that changing your appearance will not change your past or solve your problems. You may be recognizing that what is most important has nothing to do with appearance, but with being able to express your true, authentic self. Finding soul satisfaction is about honoring and expressing that part of yourself that never changes, the essence of who you are, unblemished by life experiences or pain. This part of you is accessed through stillness and presence. Satisfying your soul is about living from who you truly are, being anchored by your essential nature. This involves a journey of self-discovery that takes you back to what you value most in life.

*“Being anchored is about being true to yourself and accessing your inner strength.”*

When you find your true anchor in life, you tap into a vast reservoir of intuitive, natural knowledge that will help you shift your beliefs, use your body sensations and body wisdom as cues, regulate your emotions, and manage your behaviors.





## *Your Next Steps...*

In this e-book you've learned how your behaviors, emotions, core beliefs, and body sensations relate to your struggles with food, your weight, and your body. You've also learned how important it is to satisfy your soul, not the scale. I think intuitively you know that all of these steps are necessary in order for you to gain freedom from the food obsessions and constant negative thoughts about your body that take up time and energy and only cause you more pain and suffering. I have put together a 10 week course that will enable you to put these 5 Steps to Recovery into practice on a day to day basis. The Anchor Core Program will jumpstart your journey to healing and give you the expert support and knowledge you need to heal from food, weight and body image issues. This course will take you from being the survivor that you are to thriving in your life. See if you can find room in your heart for yourself! Give yourself the gift of healing with the Anchor Core Program. Get Anchored - Click button to schedule a free call

***BOOK A FREE CALL***