

Weight Loss Starts In Your Brain

The CogniDiet

Group Meeting Schedule

Book Club Leaders:

Dawn O'Meally

Nancy Lum

Group Location

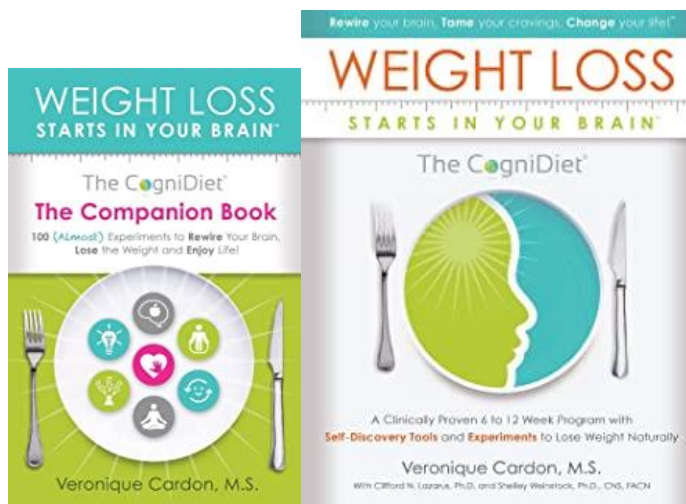
ZOOM

Group Details

5:30 pm – 7:00 EST on dates below

Required Book

Author: Veronique Cardon, M.S



Schedule

Date	Time	Topic	Reading Covered in Group
10-11-22	5:30- 7:00 pm	<i>Introduction & The Science of Brain Rewiring</i>	Introduction pages 1-29
10-18-22	5:30- 7:00 pm	<i>Chapter One-My Future Made In Pictues</i>	Pages 34-63
10-25-22	5:30- 7:00 pm	<i>Chapter Two-I am Getting Rid of Sugar!</i>	Pages 66-83
11-1-22	5:30- 7:00 pm	<i>Chapter Three-I am Rewiring My Brain</i>	Pages 86-105
11-8-22	5:30- 7:00 pm	<i>Chapter Four-My Body Is A Temple ... With Limited Square Feet</i>	Pages 108-121
11-15-22	5:30- 7:00 pm	<i>Chapter Five-Help, Stress Makes Me Fat!</i>	Pages 124-143
11-22-22	5:30- 7:30 pm	<i>Chapter Six-I am a Mean, Fat Buring Machine!</i>	Pages 146-167
11-29-22	5:30- 7:00 pm	<i>Chapter Seven-I Deal With Saboteurs & Eat Mindfully</i>	Pages 172-195
12-6-22	5:30-7:00 pm	<i>Chapter Eight-Friendly Fat & Powerful Protein-Yes, They Can Help Me Lose Weight</i>	Pages 198-223
12-13-22	5:30-7:00 pm	<i>Chapter Nine-I Don't Let Emotions Guide My Mouth</i>	Pages 226-245
12-20-22	5:30-7:00 pm	<i>Chapter Ten-Help, I am Stuck How to Boost Metabolism</i>	Pages 248-275
12-27-22	5:30-7:00 pm	<i>Chapter Eleven-I Take Care Of My Health</i>	Pages 278-299
1-3-23	5:30-7:00 pm	<i>Chapter Twelve-My Success & My New Goals</i>	Pages 302-309