



**ART OF COACHING PODCAST™ EPISODE 179  
THE TRUTH ABOUT OVERCOMING AN EATING & EXERCISE DISORDER**

Before answering any questions, please familiarize yourself with several helpful resources. Share, tell a friend and continue the conversation:

- <https://www.nationaleatingdisorders.org/where-do-i-start-0>
- <https://www.psychiatry.org/patients-families/eating-disorders>
- <https://www.mayoclinic.org/diseases-conditions/eating-disorders/symptoms-causes/syc-20353603>

Maybe you don't struggle with an eating or exercise disorder but another form of self-control. Where are you tightly wound and how does that behavior manifest itself in your life (if not by the methods described in this episode)?

What's your story or personal narrative? What do you wish people knew about your history with a dark or destructive behavior?



**What brought you to this episode? Did anything surprise you about the episode?**

**Have you dealt with someone who's struggling with an eating/exercise disorder? What strategies have been effective? Which have not? How do you know?**

**Is there anything else you wish people would know?**



## Art of Coaching Podcast™

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### ABOUT



Join us as we dive more deeply into what it takes to change attitudes, outcomes & behaviors across a variety of world-class environments. Our guests include a wide range of professionals ranging from coaching, law enforcement, scientists, managers, military and entrepreneurs.

While I may originally be a strength and conditioning coach by trade- my work now spans across the corporate realm, military setting and beyond. If you work with people in any capacity and are fascinated by what makes them tick, this show is for you!

Each episode is packed with tactical insights as we prioritize providing you with key take-aways, instead mass produced "surface level" advice. Expect to be challenged, expect to be surprised and expect to maybe find a few laughs along the way as well.



**Art of Coaching Podcast™**  
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