



# Marc David,

## Founder of The Institute for the Psychology of Eating

Marc David, M.A., is the bestselling author of the books, *Nourishing Wisdom: A Mind Body Approach to Nutrition and Well-Being* and *The Slow Down Diet: Eating for Pleasure, Energy, and Weight Loss*, a frequent speaker and consultant, and host of the celebrated Psychology of Eating Podcast. Marc is also the Founder of The Institute for the Psychology of Eating, the world's only health coaching program devoted to teaching the principles of Dynamic Eating Psychology and Mind Body Nutrition. With students in well over 100 countries, the Institute champions an uplifting, inclusive approach to food and body that honors each individual's unique physiology and psychology, and that sees eating challenges as a doorway to personal growth and self-actualization.

[DOWNLOAD HEADSHOTS](#)

Learn more about the Institute's innovative health coach certification, and the two fields we train our practitioners on: Dynamic Eating Psychology and Mind Body Nutrition. Download the Info Kit today!

[VISIT LINK](#)

Discover how your Eating Archetypes can give you more peace and freedom with your eating challenges. Get the free mini-course, and start your journey today!

[VISIT LINK](#)

EMAIL MARC & HIS TEAM: [INFO@PSYCHOLOGYOFEATING.COM](mailto:INFO@PSYCHOLOGYOFEATING.COM)

PODCAST MANAGER - SHANNON STAPLES: [SHANNON@PSYCHOLOGYOFEATING.COM](mailto:SHANNON@PSYCHOLOGYOFEATING.COM)

MARC'S CELL: [303.810.9427](tel:303.810.9427)

SUPPORT DURING THE INTERVIEW - KRISTINA HOLMES: [720.443.8550](tel:720.443.8550)

