

Battle Binge Eating with **R.A.G.E.**[®]

R.A.G.E.[®] is an acronym for a 4-step system Tara Marie created to help people connect the destructive behavior of binge eating with uncomfortable emotions and then redirect themselves toward an effective means of coping with the stressors of life. **R.A.G.E.**[®] will help you get to the core of the problem and stop binge eating once and for all!

Tara Marie Segundo, M.A. is a Fitness Expert, Personal Trainer, Motivational Strategist, and Radio Talk Show Host based in New York City. Visit www.TaraMarie.com or call (877) 692-6221 for more information.

Suggested Questions:

1. You've been doing seminars and teleseminars to help people who struggle with binge and compulsive eating called, **Battle Binge Eating with R.A.G.E.**[®]. What's **R.A.G.E.**[®] and how did you create it?
2. Can you tell us more about your own decades-long struggle with binge eating? How did it start and what was the final straw that made you decide you needed to stop?
3. Can you walk us through the steps of **R.A.G.E.**[®]?
4. I know that you advise people who struggle with binge eating to ask themselves certain questions. What are they?

5. Why are these questions so important?

6. Any final advice?