

*"Being overweight is one of the most difficult and life threatening problems a human being can face. But it is most definitely solvable."*



William Anderson, LMHC  
LICENSED PSYCHOTHERAPIST  
Creator of *The Anderson Method*<sup>TM</sup>.

## READ WHAT PEOPLE SAY

"I have seen more significant weight loss in patients using the Anderson method than any medication could offer. My patients are thrilled. Just *thrilled*."  
*Mark Lupo, MD*

"It changed my life. I lost 100 pounds and went from a women's size 24 to an 8 *petite*. I love it."  
*Leslie W., client*

"Head and shoulders above any other systematic approach directed at helping patients to achieve permanent control of their weight."  
*Ronald Sorenson, MD*

"I've lost about 80 pounds, and I've eaten the same foods I always ate. I find myself much more 'up' and I've got a lot more energy. I don't think you know how good your program is."  
*Peter D., client*

©2005 W. A. Anderson, PA

The help you need  
to solve your weight problem

THE  
ANDERSON  
METHOD<sup>TM</sup>

Therapeutic  
Psychogenics<sup>TM</sup>  
For Lifelong  
Weight Control

*It's a complex problem  
that requires a  
comprehensive solution*



Your doctor has referred you to the *Anderson Method™* because of its sound clinical approach and its proven patient effectiveness over years of application. You'll work with a specialist in the method, a clinical therapist trained in the unique approach William Anderson calls *Therapeutic Psychogenics™*.

Your therapist will act as a teacher, trainer, coach, and advocate, guiding you through a journey of personal growth that each therapist has also personally experienced. Our goal is for fitness and health to become a new "natural" behavior — our habit and lifestyle — losing and controlling weight on "automatic."

"I was overweight for twenty-five years, often over 100 pounds overweight, and I tell people that being overweight — and finding out how to solve the problem — are the two most important experiences of my life. I'm a licensed psychotherapist, but some of the most important techniques that I've discovered have come from my own experience with obesity, with diets (I hate 'em,) endless trial and error, and providential occurrences. I thank God that I was able to solve my own problem, having lost 140 pounds over twenty years ago, and I've kept it off. It seemed like a miracle that I finally happened upon the unique approach I used, but I'm even happier that I can share it with others. And now, I am able to pass this on to other therapists, so my method is available to anyone who wants it. Only credentialed clinicians are trained to deliver this program to the public, and only those who have first



taken the training themselves. My hope is that you find some real happiness in your experience of my method."

*William Anderson, LMHC  
Creator of The Anderson Method™  
of Therapeutic Psychogenics™*



*Call today. Make an appointment  
for a free, no obligation consultation  
and get all the details. Take that first  
step and let something good happen.*

**Kidd Colt, Ed.D.**

Licensed Psychologist

(941) 555-6656

275 ... St., Sarasota, FL 34239

**YOUR NAME HERE**

ANDERSON METHOD™ PROVIDER