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PRESS RELEASE

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Keynote Speaker Tania N. Boughton Shares Life-Changing Advice to Weight Loss Support Groups

The inspirational author and motivational speaker partners with Methodist Weight Management Institute to help patients to lose weight and gain hope.

DALLAS, TX – Reformed emotional eater and author of [Eating Light, Done Right](#), Tania N. Boughton is fighting back against unhealthy eating habits, negative self-beliefs and excess pounds for patients at Dallas/Ft-Worth area [Methodist Weight Management Institute](#) support groups.

Sharing her own painful struggles that led to a lifetime of emotional eating, Tania aspires to connect with each person on their own current journey to a healthier life, and more importantly, learn how to love themselves from the inside out. Speaking frankly and honestly with a good dose of humor thrown in, Tania's keynote presentation provides practical, easy to use, real-life tools and tips that anyone can take home and begin to use immediately.

Offering a fresh antidote against fad diets, photo shopped celebrity comparisons, and the emotional triggers that can lead to overeating, Tania educates and inspires those who have opted for a medial approach to weight loss and are looking for ongoing support.

Self-described as the "[High-Heeled Contessa](#)", Tania talks about how to deal with the hectic everyday stresses that come with jobs, kids and the importance of being prepared when faced with grocery shopping, eating out and the holidays.

"This isn't just about learning how to cook and eat healthy", says Tania. "This is about taking the first step to stop the roller coaster of being overweight and learning how to create a new, healthier lifestyle that will last for a lifetime."

For more information on Tania and Eating Light, Done Right, visit <http://www.eatinglightdoneright.com> or [Amazon.com](#).

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