



Harriet Morris

The Eating Coach

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Praise

I am on the road to no longer being diabetic because of this work. My numbers are down 100, and my doctor is talking no more medication!

Toni, Fort Lauderdale

Undoing 25 years of binge eating is very challenging work.

However, it's rewarding, insightful and progressive - but because of Harriet it's also FUN!

Louise, UK

Bio

Harriet Morris is The Eating Coach and for the last 7 years has been empowering women & men to achieve up to a 95% drop in binge eating without feeling deprived or bad about themselves. Her own journey of recovery from compulsive eating and sugar addiction started when she turned 40, using curiosity and experimentation as her guides, before training with The Institute for The Psychology of Eating in 2013. She is also the creator of The Body Confident Project, which helps real women become unapologetically visible in less than a month.

Her podcast *The Eating Coach* has had over 190,000 downloads. Harriet also hosts the podcast *Harry Potter Saved My Life*, which uses the characters & spells from JK Rowling's magical universe as inspiration to help anyone suffering from anxiety or depression.

Popular Topics

FIRE YOUR INNER FOOD REBEL!

Binge eaters think their food guilt is a result of overeating. Newsflash: this is 100% wrong! Understanding their inner food rebel (IFR) and how to neutralise that energy is key to dismantling this useless guilt. Harriet offers five ways every listener can fire their IFR.

GIVE YOUR FEET A MIND OF THEIR OWN & WALK AWAY FROM SUGAR

Q: How much willpower do you need to give up sugar? A: none! Harriet tells the story of the day her feet walked away from the dessert aisle of their own accord, explains why willpower is so limited as a tool for change and what to replace it with. Includes three action steps to freedom from sugar.

VULNERABILITY MINUS VICTIMHOOD

Whether in personal life or work, vulnerability is the new superpower - but only if it is balanced with a hero/ine's journey attitude. Find out exactly what this means and how it helped Harriet not only start her podcast, but draw in raving fans and thrive during the COVID lockdown.

As Featured In...

- Entrepreneur on Fire podcast
- Courage & Clarity podcast
- The Times Educational Supplement
- Thrive Global