

Dr. Dorie

The “Don’t Diet” Doctor

“Dr. Dorie” McCubbrey, MEd, PhD, LPC, CEDS

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- Dr. Dorie is one of America’s leading experts in the treatment of obesity and eating disorders, with more than 20 years of clinical experience
- Her education includes a Doctorate in Bioengineering and Master’s Degree in Counseling, plus credentials Licensed Professional Counselor and Certified Eating Disorder Specialist
- Like two-thirds of girls in America, Dr. Dorie began dieting when she was 10 years old, also struggled with eating disorders and obesity, then developed her diet-free solution to these issues
- Eating Disorder Intuitive Therapy (EDIT)™ is Dr. Dorie’s highly successful treatment method for complete recovery from eating disorders
- Her EDIT™ training program for wellness professionals provides certification in her approach
- She is the author of *Dr. Dorie’s Don’t Diet Book* (Positive Pathways Press) and *How Much Does Your Soul Weigh?* (HarperCollins) which became a best-seller within the first month of its release
- Her expert advice has been featured in magazines including *Glamour*, *Shape*, *Body&Soul*... hundreds of radio stations... plus television shows including Fox News Channel

More than 60% of the American population is overweight or obese. 100 million Americans are on diets, but 95% of dieters regain the weight they lose, while 35% develop eating disorders like anorexia and bulimia. What will solve America’s obesity epidemic? Dr. Dorie – The “Don’t Diet” Doctor – helps audiences love their bodies, enhance intuitive abilities, make peace with food, overcome eating disorders, and achieve healthy weight loss goals. Dr. Dorie will guide the members of your audience to find their own unique pathway of wellbeing!

Don’t Diet – EDIT™

Dr. Dorie’s most popular program — featuring an interactive illustration of why diets don’t work, and how the five principles of EDIT™ naturally lead to a healthy weight

How Much Does Your Soul Weigh?

A transformational program ideal for women’s workshops and retreats — experience the intuitive solution to weight problems, based on Dr. Dorie’s best-selling book

It’s Not What You Eat: What’s Eating You?

An educational program for business and professional audiences — discover how to overcome emotional eating and develop healthy stress management skills

Dr. Dorie has helped thousands of people who attended programs hosted by:

- National Association of Women Business Owners
- Business and Professional Women
- The University of Colorado
- Ohio Women’s Expo
- Women’s Initiative
- Unity of Boulder
 - Mary Kay
- Whole Life Expo
- Women’s Network
- The University of Akron
- The Health Museum of Cleveland
- National Women’s Automotive Association

“I highly recommend Dr. Dorie for a keynote, workshop or retreat! Her programs are ideal for women in health care, fitness, fashion, parenting — truly, every woman can benefit from Dr. Dorie’s message... and men, too!”

- Rose Plesz,
Mary Kay

...and many more!

DR. DORIE PROVIDES KEYNOTES, WORKSHOPS AND RETREATS FOR CORPORATIONS, ASSOCIATIONS, SCHOOLS & WOMEN’S GROUPS. CALL 303.494.1975 TO SCHEDULE DR. DORIE FOR YOUR NEXT EVENT!