Hunger for Life



YOUR ONLINE GROUP FOR A CHALLENGING RELATIONSHIP WITH FOOD

- group and individual support, alternating
- max. 5 participants
- WhatsApp support
- free initial consultation
- english + german

Does this sound familiar?

Eating hasn't been simple for a long time.
Rules, control, anxiety— instead of pleasure, ease and trust.

BUT WHAT IF IT'S NOT ABOUT FOOD AT ALL?

What becomes possible

The freedom to recognize what truly nourishes you and supports your well-being in the long term.

My offer

5 × group meetings à 90 min:
In-depth knowledge about trauma and body awareness, practical exercises + meaningful exchange with others who can relate.

5 × individual sessions à 30 min:
Personal space for your individual questions and your process.
Not a substitute for psychotherapy or medical treatment.