



Melissa McCreery, PhD, ACC is the clinical psychologist and internationally certified life coach who helps women redesign their relationship with food to improve health and happiness and maintain an optimum weight.

Melissa earned her Ph.D. in Clinical Psychology from Michigan State University and received her coaching education and international certification from Mentor Coach, and the International Coach Federation (ICF). She is a member of the American Psychological Association and the International Coach Federation.

As a psychologist who specializes in weight loss, eating disorders and health issues, she is very familiar with the traps that women fall into when attempting to take control of their eating and lose weight. According to Melissa, women often believe they have "failed" at weight loss, when in reality, many weight loss plans and diets are not designed in a way that will create lasting success.. As a result, even bright successful and accomplished women struggle to feel confident and capable in this area of their lives. This lack of confidence can create an ongoing cycle of struggles with weight and dieting.

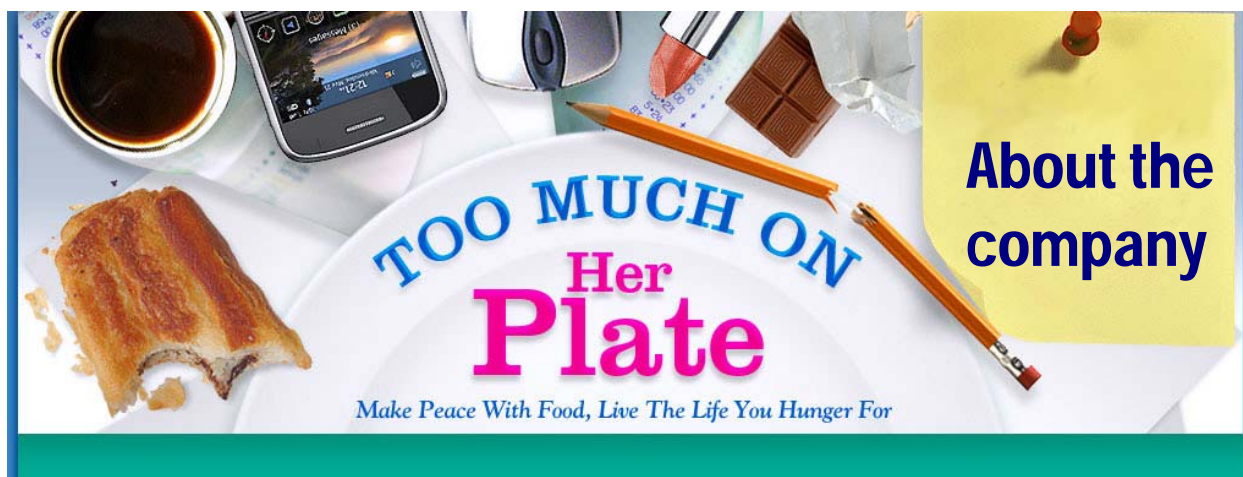
Melissa created Too Much on Her Plate (<http://www.TooMuchOnHerPlate.com>), a company devoted to helping successful women stop struggling with overeating and achieve the health or weight loss goal they feel is holding them back.

Too Much on Her Plate provides programs and resources that empower women professionals and business owners to take control of their eating and their weight. Clients learn how to create effective and lasting approaches to food choices, eating, and weight loss by leveraging their own strengths and addressing underlying emotions, stress, and overwhelm. The company offers private consulting with Melissa, as well as group coaching and informational products.

Melissa lives in Bellingham, WA with her husband and their two sons.

Three things you may not know about Melissa:

- She hated gym class and never considered herself athletic. Now she loves to run and is training for another marathon.
- She's been self-employed her entire professional life and wouldn't have it any other way.
- Her first job was making ice cream cakes at Baskin and Robbins when she was 15. She ate so much ice cream that she really didn't like chocolate again until she was in her 30's.

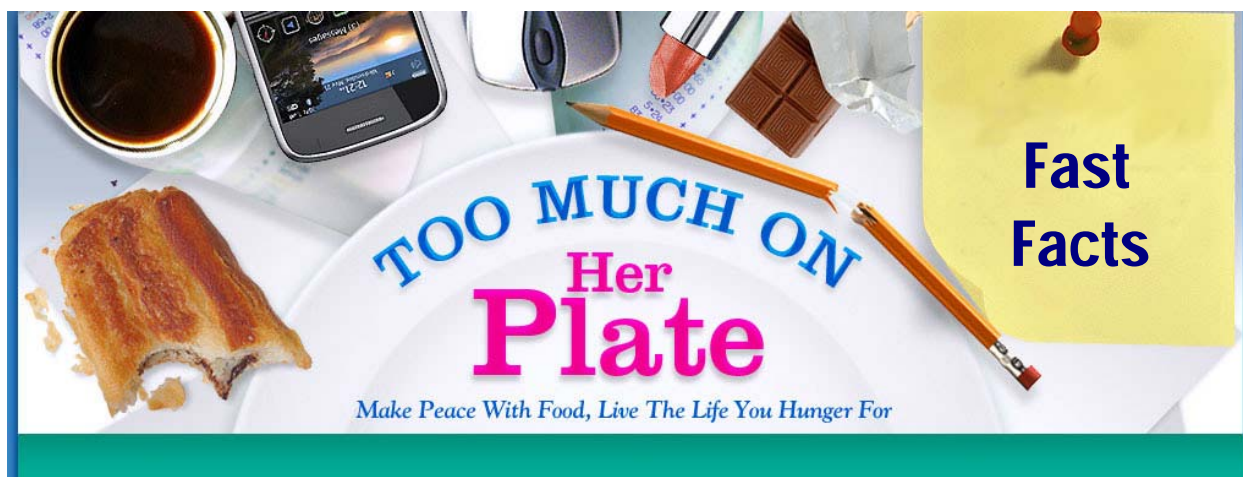


Dr. Melissa McCreery, a clinical psychologist and internationally certified wellness coach, has channeled her years of experience specializing in women's food and weight struggles, obesity and eating disorders, into a new company that caters to the needs of successful, busy women struggling with excess weight. She was motivated by the many smart, competent women she has worked with who feel defeated, hopeless, ashamed, and "like failures" when it comes to weight loss despite their impressive accomplishments in other areas.

Melissa was inspired to create a company that specifically addresses the link between a busy demanding life, overeating, overwhelm and weight gain. Her unique spin on weight loss helps women leverage their considerable strengths and expertise in a way that helps them meet their weight and health goals.

The result is Too Much On Her Plate (<http://www.TooMuchOnHerPlate.com>).

The company, based in Bellingham, WA, serves women worldwide by providing services in person, online, and via telephone. Too Much On Her Plate offers private consulting services and intensive retreats with Melissa, live, online, and telephone-based seminars and workshops, as well as resources and products that address overeating, emotional eating, overwhelm and life balance.



<i>Company Name:</i>	Too Much on Her Plate
<i>Company Headquarters:</i>	Bellingham, WA
<i>Founded:</i>	2009
<i>Founder:</i>	Melissa McCreery, PhD, ACC
<i>The Mission:</i>	Helping successful, busy women achieve their health and weight loss goals while creating more enjoyment and less overwhelm.
<i>Financial Information:</i>	Private Company; Sponsorship Opportunities Available
<i>Products/Services Offer:</i>	Private consulting Group Coaching Emotional Eating Toolbox Self Study Course Smart Choices Online Weight Loss Community
<i>Target Audience:</i>	Women professionals and business owners who want to lose weight in a healthy way by changing the role food plays in their lives.
<i>URL:</i>	www.TooMuchOnHerPlate.com



Melissa McCreery, PhD, ACC, psychologist and founder of *Too Much on Her Plate*, is known for her ability to put a unique spin on topics related to weight loss, health, life balance and stress management. She can speak on a variety of topics, including:

- Creating Weight Loss That Lasts
- Stress and Overeating
- Diets - and Why They Don't Work
- How to Really Feed Your Cravings So You Can Lose Weight
- Strategies to Reignite Weight Loss Motivation
- How Busy Women Can Create Time For Themselves
- Mindsets That Sabotage Weight Loss
- Why Smart Busy Women Struggle With Food and Weight
- Healthy Lifestyles
- The Mindset of Healthy Living
- Maximizing Success After Weight Loss Surgery



Why diets don't work. Millions of people want to lose weight, and begin a diet with plenty of determination, but almost all will fail. Why? Let Melissa McCreery, PhD, ACC share the secrets of why diets don't work – and what the solution really is.

It's not just what you eat that makes you fat. Most people do not stop eating when they feel their "full" cue in their stomach. We eat because it's there. The problem is that portion sizes are growing at an alarming rate. Clinical Psychologist Melissa McCreery shares why restaurants have helped cause this problem – and how one can get back in control with portions and weight.

The 5 biggest mistakes dieters make. As a clinical psychologist who helps women with weight loss, Melissa McCreery has seen all the mistakes –and then some. Learn how to avoid the biggest ones with her expertise.

Eating a cookie can help you lose weight. For many people losing weight becomes an all-or-nothing event. You are either on the "diet" eating perfectly each day or you are "off" the diet because you ate something that wasn't on the plan. Melissa McCreery says nothing should be forbidden. Find out why she exclaims, "Let them eat a cookie!"

Other ideas include:

- Ditch the diet – and still lose weight
- Control food cravings
- Why weight loss is all in the mind, not what you eat
- Tips for dining out – and staying on track
- The weight loss mistakes smart women make and how to avoid them
- Why "working harder" to lose weight can backfire