

## FAQ's About The Eden Diet Workshops

### 1. Do I have to join a workshop?

It would be best for you to join with other Eden dieters so you can support and encourage each other and draw upon the power of the Holy Spirit as a group, but you can elect to study the book independently.

### 2. How do I find an Eden Diet group in my area?

Groups are to register on [TheEdenDiet.com](http://TheEdenDiet.com). Click on the link to find a group in your area, and contact that group's coordinator for details.

### 3. There is no workshop near my home. What can I do?

Start one of your own using the instructions in the workbook. If you regularly meet and pray with at least one other person, and if you follow the meeting protocol outlined in the workbook, then you've started a bona fide workshop.

### 4. When do I complete the exercises in the workbook?

You can start answering the questions in the workbook as soon as you finish reading the main text. The questions are meant for you to complete independently and prayerfully before workshop meetings. In preparation for the meetings, complete the subtopics that were assigned at the previous meeting.

### 5. What if I join late and the group is halfway through the book?

Since you will have read the entire book before attending your first meeting, you won't be "behind." None of the concepts will be new to you. Simply start the workbook wherever the group happens to be at the time you join.

### 6. When does the program end?

It doesn't. On completing the workbook, the group returns to chapter one and repeats the process. The group may cycle through the workbook many times, with variety coming from new member additions, deeper revelations from the Holy Spirit, and new audio CD material that is released by Dr. Hancock over time.

### 7. How long is a meeting and how often does the group meet?

The group meets for 90 minutes, every other week.

### 8. What do I need to do before my first meeting?

Read the main text, up to the workbook. Contact the group leader to find out what sections will be covered at your first meeting, and then complete those sections, as well.

### 9. Is there a cost for attending the meetings?

No.

### 10. Are you weighed at the meetings?

No. The focus is for you to stop defining yourself based on your weight, to break free from bondage to food, and to find your identity in God, regardless of your weight.

### 11. How will I track my success?

There are "30-day Block" forms in the workbook. Each 30 days, you are to write down your behavioral goals on a form, as well as your starting-weight and measurements. At the end of the 30 days, record your ending-weight and measurements and your experience trying to achieve your behavioral goals. Then, choose new behavioral goals for the following month, and record them on the next 30-day block form.

### 12. Where can I find promotional materials to advertise the meetings?

You can download various handouts and brochures to help you organize, advertise, and start your workshop by clicking on the buttons below.