

# Craving More! Update Package

This package gives you all you need to continue to use your original Craving Change™ resources with the updated workbooks.



This package also includes new Worksheets and You Are Not Alone stories. Plus, you'll receive extra workshop Facilitation tips and the new Craving Change™ One-on-One- ACTION! Guide for individual counselling.

This package includes:

- A copy of the new Client Workbook
- A “page key” to enable you to write page numbers in your manual that correspond to references for the updated workbook
- A “new look” fridge magnet
- A CD that includes the following downloadable files:
  - Craving Change™ One-on-One-ACTION! Guide. A new 35-page guide for applying the Craving Change™ approach with individual clients (includes three new cognitive-behavioural worksheets)
  - Overview of updates to the Facilitator’s Manual
  - Details of the workbook edits and additions
  - Six new and two updated worksheets including the very popular “Is this stomach, mouth or heart hunger” activity resources
  - Two new “Your Are Not Alone” stories
  - Rebranded PowerPoint Slides
  - Editable rebranded promotion poster
  - Extra workshop facilitation tips