

## **Bio**

Kim Marshall, founded Kiss Goodbye To Ana, following her own recovery from anorexia and bulimia and now helps women with eating disorders and particularly anorexia, to become confident, happy and free.

She discovered EFT(Emotional Freedom Techniques - a therapy which involves tapping on acupuncture points on the body, similar to acupuncture but without the needles, which help us release negative emotions so we feel more calm and relaxed) which turned her life around and helped her become confident, positive, and relaxed about food and her body.

She became an EFT Practitioner and now helps her clients achieve the same, focusing on changing their mindset rather than on meal plans and goal weights. She also became a Matrix Reimprinting Practitioner (an advanced form of EFT which helps replace negative memories with positive experiences) and Mind Your Mind Practitioner.

She offers 1:1 support as well as online training to parents/carers (Supporting Someone With An Eating Disorder) and other practitioners (Working With People With Eating Disorders).

She is a member of both professional organisations, EFTi (EFT International) and EFTMRA (Emotional Freedom Technique and Matrix Reimprinting Academy).

Kim's first book, "How To Kiss Goodbye To Ana" published by Jessica Kingsley Publishers was released in February 2018. She is a Thrive Global, The Mighty, Huffington Post and Recovery Warrior blogger. She has had blogs published by Beat and National Eating Disorders Association (Eating Disorders Charities) and has been interviewed on local radio, by local press and been featured in Bella and Woman Magazine, Daily Mail, Metro and Marie Claire.

Kim is also campaigning for more effective support for those with eating disorders.

For more information see [www.kissgoodbyetoana.com](http://www.kissgoodbyetoana.com)

## **Areas of Expertise**

- Who is affected by an eating disorder
- Myths about eating disorders
- What it's like to live with an eating disorder
- Why it's so difficult to recover
- How people can truly recover
- Why eating disorders aren't about food
- What can be done to help the many people struggling with an eating disorder
- Emotional Freedom Techniques, Matrix Reimprinting and Mind Your Mind Techniques.

## **Contact Information**

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## **Find Kim on Social Media**

Facebook:

[www.facebook.com/KissGoodbyeToAna](http://www.facebook.com/KissGoodbyeToAna)

Youtube:

<https://www.youtube.com/channel/UCoDTi-rci9yUSZf1W7iwwEA>

LinkedIn:

[Kim Marshall | LinkedIn](#)

## **Longer Bio**

Kim Marshall, founder of Kiss Goodbye To Ana, helps women with eating disorders and particularly anorexia, to be confident, happy and free. She is an EFT, Matrix Reimprinting and Mind Your Mind Practitioner and helps clients using a combination of these therapies.

She set up her business following her own recovery from anorexia and bulimia.

Kim developed anorexia following her divorce at the age of 30. She became a single mum to two girls aged 2 and 4. Living with anorexia, she says felt like being in the deepest darkest well without a chink of light shining through. There was no hope. She didn't think there was a way out and for a time, the thought of getting out terrified her. Thoughts of food tortured her every minute of every day. She was tortured so much that, not only did she consider suicide frequently, she very nearly drank bleach as she thought it would mean never having to eat again. She didn't think past anything else or see any future consequences. She just didn't want to eat. She was eventually admitted to a residential eating disorders treatment centre for four months, and the evening before she left, her eldest daughter, then 8, said to her, "But mummy why can't you just eat?" This broke her heart and she felt huge guilt about leaving but she knew she needed to do this in order to be a better mum. After discharge, even though she was a healthier weight, she was still desperately unhappy and the urge to restrict was still very much there.

She soon met someone who introduced her to EFT (Emotional Freedom Techniques), a therapy which involves tapping on acupuncture points on the body (similar to acupuncture but without the needles) which help us release negative emotions so we feel more calm and relaxed. Although she hadn't heard of this therapy beforehand and was extremely skeptical, EFT, she says, turned her life around, and helped her to recover by dealing with her past, not blaming things on other people, but taking responsibility for her own thoughts and feelings. She learned to feel safe and in control as she was. She gradually became confident, positive, embraced life and its opportunities rather than live in a world filled with fear.

Kim became an EFTi Certified EFT Practitioner, and later an EFTMRA Matrix Reimprinting Practitioner and Mind Your Mind Practitioner. She now helps women with eating disorders, and particularly anorexia, to deal with their root issues, addressing the reasons why, so they no longer have the same desperation to use eating disorder behaviours in order to stay safe and in control.

She offers 1:1 support as well as online training to parents/carers (Supporting Someone With An Eating Disorder) and other practitioners, GP's, medical students, etc (Working With People With Eating Disorders).

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