

What They're Saying

The girls who attended were very enthusiastic about the presentation. Having you as a speaker enabled them to identify with the important issues being discussed. I was particularly thrilled that they asked so many questions and that you were able to reassure them with insightful and direct responses. Dedicated professionals like you make the difference.

— Betty Perez-Rivera, Event Coordinator
Columbia University Outreach,
New York, N.Y

Thank you for both the high school and middle school presentations for the Malone Central School district. Sharing how Eli Siegel's philosophy of Aesthetic Realism helped Meryl to end her suffering from eating disorders was inspirational. It is hoped that your presentation continues to be well received by other organizations that are responsible for young people.

— Sheila Glinski, Health Educator
Franklin Academy High School
Malone, N.Y.

We have received a very positive response from those that attended. So many of the mental health professionals in the audience found the education of Aesthetic Realism helpful. We would highly recommend your presentation to any other organization.

— Audrey Gozdiskowski, President
Wilkes-Barre, Pa. Chapter,
NAMI



Meryl Nietsch-Cooperman is a public speaker and author on issues that concern women, including eating disorders. She is on the speaker's bureau of the National Eating Disorders Association and is an Associate of Aesthetic Realism, studying in New York City to teach this education. Originally from Massapequa, N.Y., she attended Rocky Mountain College in Montana and Parsons School of Design in New York.

Bennett Cooperman is an actor and a consultant on the faculty of the non-profit Aesthetic Realism Foundation, where he and his wife study in professional classes taught by Ellen Reiss, the Class Chairman. Mr. Cooperman and Ms. Nietsch-Cooperman are performers with the Aesthetic Realism Theatre Company.

For bookings contact:

Bennett Cooperman
bcooper@nyc.rr.com
110 Sullivan St., Apt. 6D
New York, NY 10012
917.533.9346

To learn more about Aesthetic Realism
visit www.AestheticRealism.org

The Understanding of Eating Disorders

Presentations by
Meryl Nietsch-Cooperman

Aesthetic Realism Associate
& Speaker
on Eating Disorders and Other Issues
That Concern Women



For college presentations & workshops,
high school & junior high audiences,
community-based events & other venues

Food & How We See the World

You hear about it on talk shows and see it in the news. Maybe you're worried about a friend or someone in your family. Eating disorders are affecting about ten million young women and one million men in America today.

In her talk, Meryl Nietsch-Cooperman tells what she learned about the cause of eating disorders, and how she ended a ten-year struggle with both bulimia and anorexia through her study of Aesthetic Realism, the education founded by the American philosopher Eli Siegel.

Ms. Nietsch-Cooperman has spoken at Columbia and Princeton Universities, for high school and junior high audiences, and for community-based organizations. She says, "Today I have a happy and healthy life. My eating disorders ended and they have never returned. I'm not in remission, I'm not taking any drugs, and I don't have any fear that I will ever do this again."

She changed about food because, through Aesthetic Realism's logical and kind understanding of the human mind, she learned about the biggest fight in everyone—between our deepest desire, to like the world on an honest basis, and the hope to have contempt, to get "an addition to self through the lessening of something else."



General assembly for middle school students and faculty

- How every item of food—a banana, a delicious pasta dish, a jelly doughnut—has the structure of all reality in it, a oneness of opposites. Learning this can enable everyone to see food with new respect and wonder, and to be accurate about what we eat.



Workshops for high school health classes

In her talks, Ms. Nietsch-Cooperman describes:

- How eating disorders arise from the way a person sees the whole world—this is new in the understanding of mind.
- Her Aesthetic Realism consultations, where, in an atmosphere of culture, a good time and the deepest comprehension of self, she learned about choices a young woman makes that weaken her and lead to a disproportion about food—and how she can change.
- Why a girl who is extremely thin can look in the mirror and feel she is overweight.

The Basis

Presentations are based on these principles of Aesthetic Realism, the education founded in 1941 by the American philosopher and poet Eli Siegel:

- The deepest desire of every person is to like the world on an honest or accurate basis.
- The greatest danger for a person is to have contempt for the world and what is in it. Contempt can be defined as "the lessening of what is different from oneself as a means of self-increase as one sees it."
- All beauty is a making one of opposites, and the making one of opposites is what we are going after in ourselves.

Presentation Details

Talks are about 40 minutes long and have a flexible format. They can be given in large school assemblies, as class workshops, at community-based events and other venues. Audiences are engaged in interactive, lively discussions throughout. Joining Ms. Nietsch-Cooperman is Bennett Cooperman, Aesthetic Realism consultant and her husband.

