

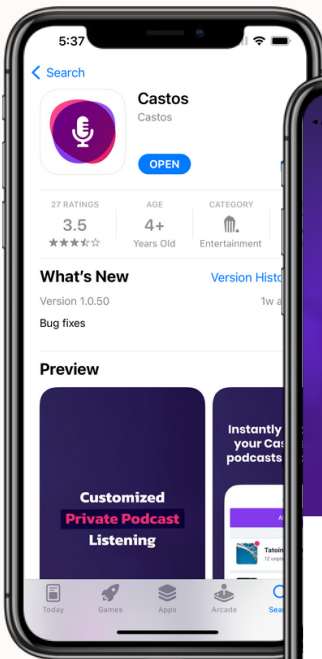
# how to join the private podcast

As a SociEATy member you now have access to two exclusive member only podcasts. On one podcast called "The SociEATy Stages" you'll find the audio of the the No Food Rules 5 videos. On the podcast called "The SociEATy Coaching + Events" you'll find the audio of the weekly group coaching calls, weekly pep talks and even the expert workshops!

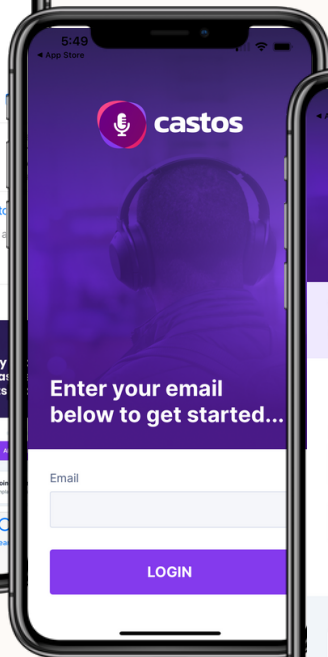
You can get access to the podcasts super duper easily via an app called "Castos". Just download this and you can learn how to find food freedom anywhere, any time.

*how to access the podcast*

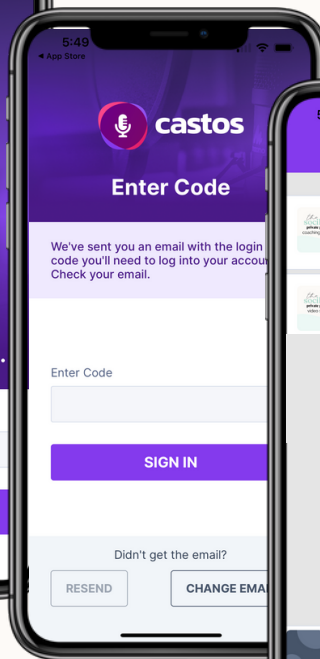
## 1. download the app



## 2. enter your email

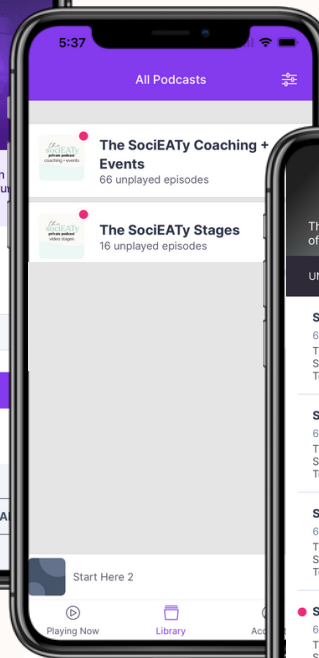


## 3. add the code

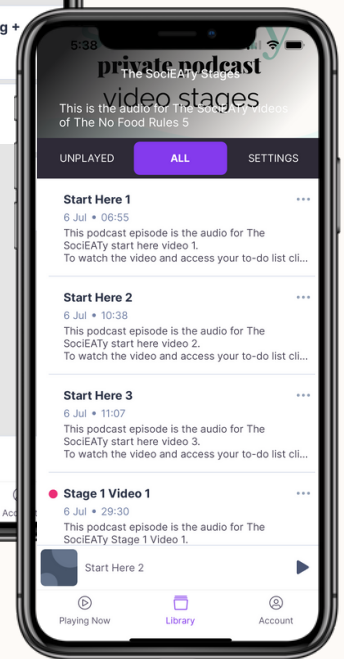


**Note:** you must use the email you signed up for The SociEATy with!

## 4. you'll see 2 podcasts available



## 5. open the podcast you want to listen to!



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