

You Are Not Alone

Monthly Recovery Support Letter

Filled with eating disorder recovery stories, exclusive guest interviews, inspirations, recovery and body image tips, poems, artwork, healing information and more.

December 2011 Edition



**“Please stay strong and keep on believing in yourself!
I know how you feel, I have been there!
You CAN recover!”**

Created by: Andrea Roe
<http://www.youarenotalonebook.com>
<http://www.eating-disorder-information.com>

© 2011 Andrea Roe

Trigger Warning: Please note that the content in this newsletter may trouble some people.
If you feel you may react negatively to the content, please don't continue reading.

You Are Not Alone **Support Letter Content**



| | |
|--|----|
| Welcome! | 3 |
| Inspirational Quotes | 4 |
| Karen's Healing Column — Live Life, Not Death ... <i>by Karen Cook</i> | 5 |
| Life Restored (Poem) ... <i>by Laurie Glass</i> | 6 |
| The Greater Possibilities ... <i>by Thom Rutledge</i> | 7 |
| Footsteps in the Sand <i>by Author Unknown</i> | 8 |
| Making Peace with Food and Weight <i>by Jenni Schaefer</i> | 9 |
| Tips to Help You Make the Most out of the Holiday Season ... <i>by Andrea Roe</i> .. | 11 |
| Getting Rid of the Scale | 13 |
| Learning to Love Your Body – and Yourself! ... <i>Free Teleconference</i> | 14 |
| Relationships Replace Eating Disorders ... <i>by Shannon Cutts</i> | 15 |
| “Beating ANA” Book Giveaway | 16 |
| What People Are Saying About <i>You Are Not Alone, Volume 2</i> | 17 |
| Do You Want to Contribute? | 18 |

One of the most tragic things I know about human nature is that all of us tend to put off living. We are all dreaming of some magical rose garden over the horizon – instead of enjoying the roses blooming outside our windows today.

~ Dale Carnegie

That saying was very true for me during my struggles with eating disorders and depression. Now that I'm recovered (yes, full recovery IS possible!), I can look back and see that my life wasn't "all bad" like I often believed. Rather, there were beautiful "roses blooming outside my window" that I just couldn't see. Roses I couldn't appreciate.

Learning to be grateful

The same is very likely true in your own life as well. There are things in your life you can be grateful for - that deserve to be appreciated. **You** deserve to be appreciated. You're not as "worthless" as your eating disorder would like you to believe. You ARE worthy. You ARE beautiful. You have skills and talents and a special place in this world.

Here is an exercise that helped me learn and practice to appreciate life and myself.

I'd write down things I liked - about myself and life – no matter how small. At first, this exercise was difficult as I didn't allow myself to see anything positive in my life. But I kept at it and over time, it became easier. More things came to mind.

I would read my writings on a regular basis to "burn them into my head." Over time, I was able to see more and more things to be grateful about, which was instrumental in helping me recover. At the same time, the process taught me a valuable life lesson.

What we focus on, grows.

It's easier to see the positives of life when we focus on what is positive. Similarly, when we focus on what is "wrong" with us or our life, we tend to be blind to anything else.

For the New Year, let's make it a goal to try and focus on what's good about us. By doing so, the road to recovery can be made just that much easier.

I wish you Merry Christmas and All the Best for 2012!

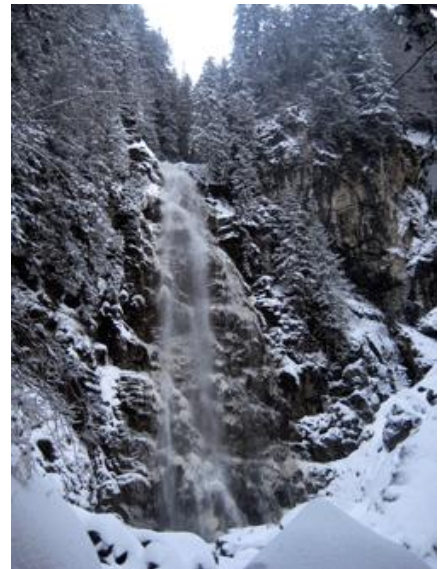
Andrea

☺ **A European Winter Wonderland!** ☺

This year I'm spending Christmas back home in Austria again, and while I'm in Europe, also do some traveling. Here are some photos from my recent trip to Switzerland.



Hiking in the Swiss Alps.



Inspirational Quotes:

Words to help you on your journey.

**"We either make ourselves miserable,
or we make ourselves strong.
The amount of work is the same."**

– *Carlos Castaneda*

**"If there is to be any peace
it will come through being, not having."**

– *Henry Miller*

**"I was always looking outside myself for strength and confidence,
but it comes from within. It is there all the time."**

– *Anna Freud*

**"Your past does not define your future
- your actions and beliefs do."**

– *Linda Joy*

**"To accomplish great things,
we must not only act, but also dream;
not only plan, but also believe."**

– *Anatole France*

**"Look at a day when you are supremely satisfied at the end.
It's not a day when you lounge around doing nothing;
it's when you've had everything to do, and you've done it."**

– *Margaret Thatcher*

**"We are not what we know
but what we are willing to learn."**

– *Mary Catherine Bateson*

**"It's never too late – never too late to start over,
never too late to be happy."**

– *Jane Fonda*

**"When you get into a tight place and it seems that you can't go on,
hold on — for that's just the place and the time that the tide will turn."**

– *Harriet Beecher Stowe*

**"When patterns are broken,
new worlds emerge."**

– *Tuli Kupferberg*

**"I am always doing that which I cannot do,
in order that I may learn how to do it."**

– *Pablo Picasso*



Karen's Healing Column:

Success Tips for *Living Life, Not Death*

Saying "No" is interesting in ED's (short for eating disorder) world. Have you ever taken time to look at what you say *no* to?

ED loves that word. He especially loves saying no to certain things. Things like love, friendship, self-acceptance and freedom. Good things. ED likes saying no to good things.

And, he tells you that you like saying no to good things as well. You can be looking at buying a new shirt, an opportunity to relax for the weekend, or getting together with friends, and the thought will come to you to say no. Just because. For no good reason.

Without thinking, you can agree with his no to what is good, right, or necessary for your life. When you do this, you die a little death. One NOT MEANT for you to experience.

Begin today, in this New Year, to reverse this. Say, **"I am no longer agreeing to say *no* to this thing that caused my dignity, my true self, or my goodness to die."**

Then repeat this. Every time ED wants you to choose something that will cause you harm, say *no, I am not agreeing to that.*

And choose to take a step in a new direction that opens up life to you. That takes you back to living. It can be repeating a new truth to yourself, doing the opposite or desired act, turning the radio on to dim ED's voice and help you refocus. You know what it is you can or need to choose instead.

Trust yourself. Not ED. **The blueprint to your life is inside you.**

Take that pathway!

Have a beautiful month,

Karen

About Karen Cook, M.A.: Karen, who is an eating disorder survivor herself, has over fifteen years of counselling experience in private practice working alongside women in a variety of their life's concerns and difficulties, including eating disorders. If you are interested in getting in touch with Karen, please send an email to kcservices@shaw.ca or visit her website at www.karencookcounselling.com

Poem by Laurie Glass:

Life Restored

Life rich with peace and joy
Was snatched away from me.
When losses overwhelmed my soul,
Confusion reigned, I lost control,
Was preyed upon by enemy.

In search of way to cope,
Restriction was my stay.
Afraid of food and gaining weight,
Each bite caused me to hesitate,
And I began to waste away.

Strong pain and grief within
Just made me want to hide.
Afraid to let emotions flow,
Deep darkness stayed – no place to go,
Felt numb and even dead inside.

Foe took my life away -
Felt empty and alone.
Until I let God work inside,
Revealed what I had tried to hide -
In this, His love and grace was shown.

Began to come around,
A process that took time.
In HIS strength started eating more,
Enjoyed all that life had in store,
Was given back full life of mine.

Life rich with peace and joy
Was given back to me,
When healing touch embraced my soul,
And I let God be in control,
He filled me up abundantly.



About the contributor: Recovered anorexic, author, and holder of a counseling degree, Laurie Glass is passionate about reaching out to those with eating disorders. Through her website, she offers her book, online Christian counseling services, helpful articles, recovery stories, recovery helps, Christian principles for eating disorder recovery, and so much more. Find out more at *Freedom from Eating Disorders*, www.freedomfromed.com.

Excerpts from Thom Rutledge's e-book...

The Greater Possibilities

By Thom Rutledge, Psychotherapist
Author of "Embracing Fear"

The Measure of Life

- Know what you believe.
- Allow your beliefs to grow and change.
- Put your beliefs into practice --- daily practice.
- Never give up.

Follow these simple principles, and with or without the trappings of material success, you will be truly successful.

~~~~~

**If life is an essay test,  
what question are you  
working on now?**

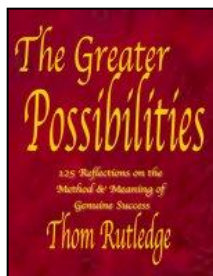
~~~~~

Resting

Life is a long race. You will have the need to stop to catch your breath now and then. Sometimes you will sprint when you would do better to pace yourself.

Rest ... but never quit.

Thom Rutledge is a psychotherapist and speaker from Nashville, Tennessee. He is the author of *Embracing Fear: How To Turn What Scares Us Into Our Greatest Gift* and co-author (with Jenni Schaefer) of *Life Without Ed*.



For more information about Thom and his work (including his recovery weekend retreats), visit www.thomrutledge.com. You can also connect with him on Facebook.

For more information about **The Greater Possibilities**
— **125 Reflections on the Meaning of Genuine Success**, visit
www.thomrutledge.com/books/default.asp?page=Ebook

Footprints in the Sand

One night a man had a dream.
He dreamed he was walking along the beach
with the Lord.

Across the sky flashed scenes from his life.

For each scene,
he noticed two sets of footprints in the sand.
One belonged to him, and the other to the Lord.

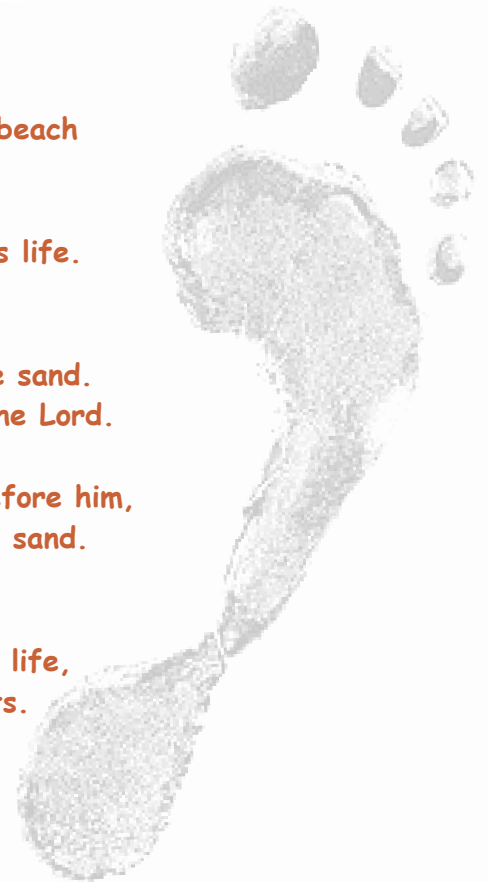
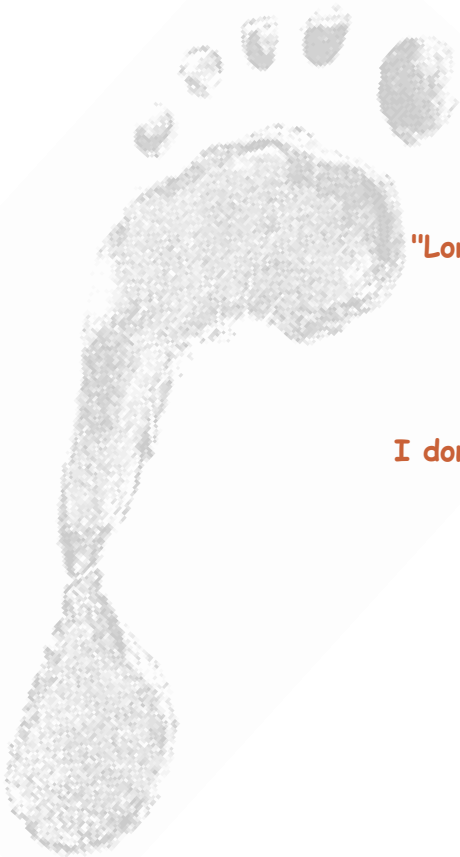
When the last scene of his life flashed before him,
he looked back at the footprints in the sand.

He noticed
that many times along the path of his life,
there was only one set of footprints.
He also noticed that it happened
at the very lowest
and saddest times in his life.
This really bothered him
and he questioned the Lord about it:

"Lord, you said that once I decided to follow you,
you'd walk with me all the way.
But I have noticed that during
the most troublesome times in my life,
there is only one set of footprints.
I don't understand why when I needed you the most
you would leave me."

The Lord replied,
"My precious, precious child,
I love you and would never leave you.
During your times of trial and suffering,
when you see only one set of footprints,
it was then I carried you."

~Author Unknown~



A New Holiday Tradition:

Making Peace with Food and Weight

By Jenni Schaefer

It starts with Halloween—the candy. Next comes the smorgasbord at Thanksgiving. Then, more holiday food enters the picture throughout December with a grand finale on New Year’s Eve. And, with the roll of the calendar to January 1st, resolutions to diet and lose weight begin across America.



People of all ages join in this crazy cycle. At the young age of four, even though I was a normal sized child, I already believed that I was fat and was afraid to eat certain types of foods for the fear of getting bigger.

Society tells us that to be thinner is to be happier. But when I reached my lowest weight at 22-years-old, I was far from happy. In fact, I was miserable and struggling with a life-threatening eating disorder.

I sought help, and after many years, **I am fully recovered**. Strangely, my eating disorder forced me to develop a healthier relationship with food and weight than I ever would have without it. In recovery, I was able to talk with trained clinicians about my obsession with fat grams and even express how I felt about the size of my thighs in body image therapy group. Because most people never have the opportunity to utilize these kinds of resources, I like to share my lessons learned.

Wisdom about how to eat in a balanced way can actually be found by observing babies. They eat when hungry and stop when full—an approach known as **intuitive eating**. Unfortunately, as infants grow older, they stop responding to internal hunger and fullness cues and instead pay attention to external ones. Even young school-aged children will eat simply because the bell rings for lunchtime or as a result of watching a fast food commercial. Society trains us to stop listening to our bodies.

Yet our body is masterful. It will tell us when and even what to eat.

If we have been ignoring our internal signals for a long time, **patience and practice will be necessary in order to re-connect**. We might even need to consult with a dietitian for assistance. (Visit www.myneda.org.) Children can often make improvements rather quickly as long as they are given proper instruction and have an example to follow. What if we all made our New Year’s resolution to be that example?

The multi-billion dollar dieting industry will be sure to push back. But make no mistake: this monetarily successful industry has a 95-percent failure rate. **It is no secret that diets do not work.**

Dieting is based on the misconception that food has a moral value. At holiday parties, you have probably heard someone say something like, “I’ve been good all day. Now, I’m going to be bad and eat a slice of pumpkin pie.”

Eating pumpkin pie is not a “bad” thing to do. Throwing pie into someone’s face would be bad! Food does not have a moral value. Food is just food.

Eating intuitively means we stop using categories like good or bad. The minute we label a food negatively is the same moment that we obsess about that forbidden item and possibly binge on it. I will not argue with the fact that some foods are more nutritionally dense than others. But, if we listen to our bodies, we will crave the appropriate amounts of a wide variety of foods—to fuel our specific needs. All food has its place on the dinner table.

Intuitive eating is flexible like this without rigid rules. Even if we end up consuming more during the holiday season just because the food tastes so good and it is only around one time of the year, that’s okay. Unlike what the dieting industry wants us to believe, our bodies can actually handle changes in our daily intake without us having to “make up for it” by restricting later or spending hours on the treadmill. If we listen closely, we will know what to eat and even how to exercise all year round. And we will, in return, reach the size we are genetically supposed to be.

This ideal weight is the size at which we have plenty of energy, can think clearly, and experience joy. It has nothing to do with the number on the scale.

This holiday, let’s view our body as a vehicle for life rather than something to be controlled. Let’s cherish each warm embrace and feel gratitude in the ability to laugh with family and friends. What a wonderful holiday tradition to pass along — loving and respecting our body in a world that doesn’t. A gift for generations.



An Ambassador with the *National Eating Disorders Association* (NEDA) and Consultant with *Center for Change*, Jenni Schaefer is a singer/songwriter, speaker, and author of *Life Without Ed* and *Goodbye Ed, Hello Me* (McGraw-Hill). Her debut music CD is titled “phoenix, Tennessee.” For more information, visit www.jennischaefer.com or www.facebook.com/lifewithouted.



Tips to Help You Make the Most Out of the Holiday Season



- **Plan time for yourself.** It is very important to take special care of yourself during the holidays.
- **Make a list of things you can do** to help you relax and distract yourself from eating disorder thoughts and behaviours (i.e. take a relaxing hot bath with aroma oils and candles, go for a nice walk in the park, call or visit a friend, read your favourite book, watch a comedy, write your diary, paint your feelings, etc.)
- **Avoid focusing too much on food; it only fuels your eating disorder.** Focus on aspects of life unrelated to food and weight. Take a break from the repetitive messages about body image on television or in magazines. Do something you would not normally do - go for a hike, volunteer for charity work, or visit with friends. The holidays are a time for reflection and celebration, so make sure you take time to do both with the people you care about.
- **Try to eat in some kind of regular pattern.** Avoid "preparing for the last supper." Do your best not to skip meals and starve in attempt to make up for what you recently ate or are about to eat.
- **Make sure that there is food available that you feel comfortable eating.** If you are invited, offer to bring a dish so that you are sure there will be food available for you.
- **Do your best not to count calories and try to avoid the scale.**
- **Wear clothes that fit and that you feel comfortable in.** And do your best not to look in every mirror you see.
- **If you feel yourself starting to panic** because you are feeling too full or if you allowed yourself to eat foods that you consider to be forbidden, remind yourself *it is okay* to eat what you did, and it is only normal to eat more during the holidays. Most people do and it really is okay.
- **If you have a period where you end up using eating disorder behaviors to cope,** don't beat yourself up over it. Just put it behind you and move forward. You are NOT a failure. You are NOT back at square one.
- **If you have to be at an event with certain people who make you uncomfortable,** plan ways to excuse yourself from their immediate presence to avoid spending time with them. Prepare responses to make to people who may say something to you that would make you uncomfortable.

- **If you feel you need to, set some boundaries for yourself** by telling people ahead of time that you do not want anyone to comment on your appearance or your eating.
- **Choose to stay away from certain events** when you know there are people there who upset you and are uncomfortable being around. People might want you to go but you have to take care of yourself.
- **Do what is right for you during the holidays.** Do not allow anyone to pressure you into eating more than you can handle. You are not eating for them, you are eating for yourself. If being with certain family members or going home for the holidays is too stressful, you may have to seriously think about not going. Do not be afraid to disappoint people by not showing up and if you can, be honest about why you will not be attending.
- **Holidays are a very stressful time** for people with eating disorders and it really is important that you do whatever you need to do in order to make them easier on yourself.
- **Get enough sleep!** Shortage of sleep can create an unhealthy imbalance in your body, which will interfere with your ability to handle the holiday stress positively.
- **Remember that the “ideal” and “picture perfect harmony” holiday is not real for many people.** Some people can't afford it. Many single people aren't close to their families or don't have a family. Many families don't look like and act like the "picture book" family. You still might feel the pressure to have an "ideal" family. Don't blame yourself for problems in your family. People are the same at holidays and every other time of the year.



Personal Recovery *Book*/Gratitude Journal:

Write down inspirational statements, your goals and dreams, what you want to do when you are free from your eating disorder, things you are grateful for, your achievements, things you are proud of, things or moments that make you happy and activities you enjoy doing – **everything and anything that can support you while you work at freeing yourself from your eating disorder**. And have a look at this book as often as possible, and especially when you are feeling down.

Coping Catalogue:

Come up with a list of things to do when you feel trapped by your eating disorder and are ready to binge or purge. As well, include a few inspirational statements on the same piece of paper or little book. Then carry this list wherever you go and refer to it often – to remind yourself that you are beautiful and to give yourself a distraction to overcome the temptation to give in.

How Support Letter readers managed to...

GET RID OF THE SCALE!!!

The number on the scale is **NOT** a value of judgment on your self-worth. Three Support Letter readers who are either recovered or in recovery share their experiences with you – in order to inspire **YOU** to do the same and to show you that **this unhealthy obsession CAN BE BROKEN!!!!**

If you are interested in sharing your “scale success” story with your fellow Support Letter readers, feel free to send me an email – I’m looking forward to hearing from you! ☺

Newfound Sense of Freedom!

As someone who has recovered from Anorexia, I can tell you that getting rid of the scale was one of the most helpful things I did for myself.

Like others struggling with an eating disorder, my life, mood, and sense of self depended on my weight. The only thing I felt I could control was that number on the scale.

No matter how small the number got, I still was not happy. I knew something had to be done! I was tired of being held hostage by that scale.

It was not enough for me to just not weigh myself. I knew I had to physically remove the scale or the temptation would be there.

When I threw it out it felt like I had lost a limb. I'm not going to tell you that it was easy. If you can get past the discomfort and feeling like you've lost control; you will have a newfound sense of freedom.

I challenged myself to look beyond the number. I knew that whenever I weighed myself I would be disappointed.

Without the scale I did not experience this disappointment.

Please do yourself a huge favour as I did and throw out the scale!

**You are so much more
than that number!**

– C, 32, from Canada, recovered from Anorexia.

The scale was in control, not me!

For years, I'd weigh myself a couple of times a day – in the morning, after I ate something, after working out, after using the washroom, ... whatever I did, I would find a way to weigh myself. This behavior ruled my life. The scale was in control, not me.

I'll never forget the day I freed myself from this addiction.... I was part of an amazing recovery support group and one day everyone of the group brought their scales with them.

We talked about how they made us feel and how much control these evil things had over us. I remember when it was my turn to share; I started crying because of all the pain that was connected with the scale. After everyone had an opportunity to share, we destroyed the scales together. We smashed them, yelled at them and basically let all our anger out. That was such a liberating process and after we were done, I actually had tears in my eyes – but not tears of sadness, tears of joy. For the first time IN YEARS, I felt **FREE**.

– Heather, 31, from New Zealand, is in recovery from Binge Eating Disorder (BED) and Bulimia.

Asked for Help

How I got rid of my scale.... I couldn't do it myself. I tried many times to throw it out but couldn't. So I asked my mom if she'd mind getting rid of the scale for me. She didn't care, and just threw it in the dumpster. I was so thankful for her doing this, without asking me any questions or judging me.

– Megan, 23, from California, is in recovery from an eating disorder.

MentorCONNECT Teleconference Series Presents:

“Learning to Love Your Body – and Yourself!”

You are invited to attend a **FREE** teleconference with
actress and positive body image and self-esteem advocate **Chenese Lewis**

Chenese Lewis has grown up in the "thin is in" culture that surrounds us all - and yet somehow seems to be immune to its messages of low self-esteem, poor body image, and holding back from life due to how you look. She is bold, beautiful, and curvy - and attributes her success in the notoriously image-conscious fields of modeling and acting to her ability to love her body - and herself - no matter what anyone else says.

Tune in and learn how Chenese does it - and how you can follow in her footsteps to embrace your body - and your life - just as you are!



When: Wednesday, January 11th 2012

Time: 9:00pm Eastern / 8:00pm Central /
7:00pm Mountain / 6:00pm Pacific

RSVP at <http://mentorconnect.eventbrite.com>

Chenese Lewis is a sought after keynote speaker, expert commentator, and a positive body image and self-esteem advocate. She is the current President of the Hollywood Chapter of the *National Organization for Women*, the Ambassador of the *Binge Eating Disorder Association* (BEDA), sits on the Celebrity Board of the non-profit organization *Fed Up, Inc.*, and made history by being the first woman crowned *Miss Plus America* in 2003. Lewis is the creator and host of Hollywood NOW's "Love Your Body Day," an annual event where women of all sizes come together to celebrate a day of self-acceptance, to promote positive body image and to show that you don't have to be a size 0 to be beautiful. Chenese attributes her success by not conforming to society's ideals of beauty but rather showing by example that you can be beautiful and confident regardless of your size. For more information, visit www.cheneselewis.com.



MentorCONNECT is the first global online eating disorders mentoring community. Membership and all services are always free to members, and certain events are also opened up to the larger community. In addition to offering one-on-one mentoring matches, membership includes access to a password-protected, moderated, PRO-recovery community forum with live weekly online support groups, recovery blogs, special events, a wide variety of online themed support groups, and moderated chat / email services. To volunteer your services as a caring mentor, be matched with a mentor, or find general support, visit MC at www.mentorconnect-ed.org.



“Relationships Replace Eating Disorders” with Shannon Cutts:

What Would Recovery Do:

SEEK OUT JOY

Have we ever stopped to think about how Ed (short for eating disorder) spends his days?

From the moment we wake up in the morning to the moment we fall asleep at night, we can hear him - criticizing everyone...especially us. Judging others, and finding them all wanting.

Expressing his dissatisfaction with and superiority over everyone and everything.

Would we WANT Ed's existence - even if it meant, for once even if only for a minute, we could gain the upper hand over him?

Probably not. Okay - definitely not.

Trading places with Ed is not what we are going for here as we work so hard to recover. We don't want to be Ed. We don't want Ed's life.

We want the OPPOSITE of what Ed has. We want to do the opposite of what Ed does.

We want to be the opposite of what Ed is.

In order to root out Ed's influence, replace Ed's presence, and reclaim our own influence, we have to deliberately go against the Ed-grain.

When Ed says "focus on the pain", we have to immediately - instantaneously - know that that is recovery-code for "focus on the joy".

Let's take an example:

You have gotten into the habit of spending a few quiet moments before bedtime reflecting on your day. Sometimes you like to jot your thoughts down in your journal. What went well? What didn't go so well? What did you learn? What do you still need to work on?

Ed likes to participate, of course. Tonight, when bedtime rolls around, you sit quietly on your bed, take out your journal, and....

What Would Ed Do?

Write down all your grievances, concerns, and disappointments in every painful detail. If you don't know what you are upset about, Ed reasons, you won't know what you need to do tomorrow to fix them.

What Would Recovery Do?

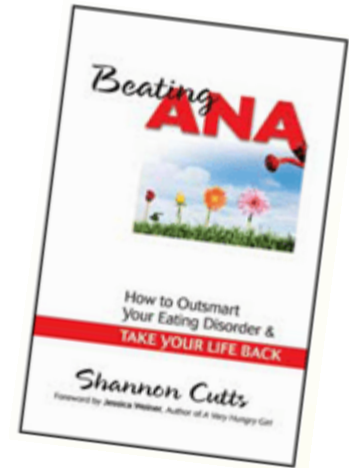
Spend a few moments writing your daily JOY list. What small victories did you achieve over Ed? Who was kind? What blessings came your way? Why are you grateful that you chose recovery for another day? Then, also write down areas you still want and need to work on. Close with an affirmation to let yourself know that you believe in YOU, not Ed.

Shannon Cutts is an award-winning singer, speaker and author of ***Beating Ana: How to Outsmart Your Eating Disorder and Take Your Life Back***. She is also the founder of the non-profit organization **MentorCONNECT** (www.mentorconnect-ed.org), the first global mentoring community to connect those in strong recovery from eating disorders with those who need recovery support. For more information about Shannon and her work, visit www.key-to-life.com



Beating ANA

Book Give-Away



This month, you have the chance to win an autographed copy of my friend Shannon Cutts' book ***Beating Ana: How to Outsmart Your Eating Disorder and Take Your Life Back!***

"*Beating Ana* is a gift! Shannon gets to **one of the core problems in eating disorders**. Secrecy! This 'secret' leads to shame, isolation and loneliness. Those struggling with ED feel alone and imprisoned in these vicious lies of the eating disorder. (...) Shannon gives **practical, relatable how to's** through creative journaling exercises, which become a map towards recovery. I would recommend this book to my clients."

—Colleen O'Grady-Long, MA, LPC, LMFT

How to enter the contest....

Simply send an email to giveaway@youarenotalonebook.com and put "Beating Ana" in the subject line.

The draw will be held on **January 15th** and the winner will be contacted via email.

Feel free to also include feedback about the Support Letter —what you like the most, topic suggestions, etc.

And if you want to share your poems, recovery stories, body image and recovery tips, or artwork with the Support Letter community, feel free to email them as well.

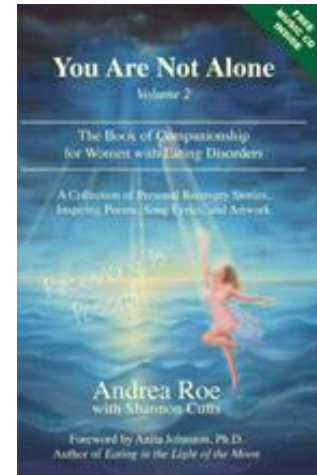
A big thank you in advance from your fellow Support Letter readers!

😊😊😊 **Good luck!** 😊😊😊



FREE Gift Included: Also included is the *You Are Not Alone Companion CD* (produced by eating disorder survivor and award-winning singer & songwriter Shannon Cutts), which is filled with healing songs by women who are either fully recovered or in strong recovery from an eating disorder (value of \$9.95—yours for free with *You Are Not Alone, Volume 2* book purchase!)

What People Are Saying About *You Are Not Alone, Volume 2* (plus FREE Companion CD)



"One of the major barriers to recovery from eating problems is loss of hope. This book will inspire you to overcome your eating problems no matter whether you're only contemplating beginning the work, have just started, or are in the midst of transformation. **I recommend it!**"

– **Karen R. Koenig, LCSW, M.ED, Author of *The Rules of "Normal" Eating***

"Through music, prose, and poetry this book and CD give all suffering with eating disorders **inspiration and clarity to seek recovery**. [...] This book and CD will make those who are in the midst of struggling know 'They are not alone.' This book and CD **should be in every treatment center.**"

– **Stacey Prussman, Comedian, actress speaker and eating disorder advocate.**

"It really touches my heart to know that I am not the only one fighting with my recovery from an eating disorder. *You Are Not Alone, Volume 2*, also **gave me new hope and courage** to keep on with my recovery. **This book is a safe place** you can come to when you are having an awful day, one of those days of fighting your eating disorder."

– **Carly, 26, from Atlanta, Georgia, is in recovery from bulimia and binge eating**

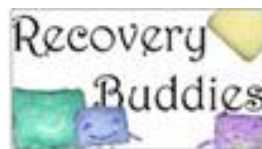
"This book is formed by truly inspirational 'artists' in their own right. Whether it be through a story, poem, visual art and/or music, *You Are Not Alone, Volume 2*, conveys its message throughout. This reassuring and comforting, 'real life' book reaches out to all those battling with, and in recovery from, an eating disorder, **reminding them that there are other people in this world who are experiencing similar struggles and that they ARE NOT ALONE!** Messages of joy shine throughout this book, providing its readers with inspiration and hope to begin/continue along their path to recovery --within it is written proof that **eating disorders can and will be beaten and that RECOVERY is POSSIBLE!**"

—**Stephanie, from North Wales, UK**

You Are Not Alone, Volume 2 + Free Companion CD is available at
www.youarenotalonebook.com/youarenotalonevol2.php (FREE shipping to anywhere in the world)

Profits are donated to eating disorder help and support organizations to help raise awareness and help others in their recovery.

***You Are Not Alone, Volume 2* is a proud sponsor of:**
MentorCONNECT, The Recovery Buddies Project, The Joy Project



Do You Want To Contribute?

I am always looking for pro-recovery submissions for the monthly **YOU ARE NOT ALONE Support Letter**. If you are interested in submitting any material for future editions of the Support Letter, please feel free to get in touch with me via email.

Submissions will be considered for future **YOU ARE NOT ALONE Support Letters** and I will get in touch with you as soon as possible.

What can you submit?

Personal eating disorder recovery stories, inspirational moments, poems, artwork, articles, helpful tips, resources and book submissions, inspirational quotes and meditations, inspirational short stories, important information, nominations for the “Inspiring Woman” segment, and so on. **Feel free to send me whatever it is you want to share!**

I'm looking forward to hearing from you! 😊