

I WENT TO GET HER OFF MY BACK

Three years ago this week my 39 year old daughter said to me, "Mom, if you don't do something about your weight, I 'm going to do an intervention on you!"

My response was, "Jennifer, I do interventions!"

She asked me to go to a CEA HOW meeting with her. I went just to get her off my back. And now, 3 years later I will have 3 years of abstinence on January 1, 2013. And what started as a motivation to get my daughter off my back, has resulted in me releasing 80 pounds of weight which I could only have done with the grace of God, the Twelve Steps of Alcoholics Anonymous and the program of CEA HOW. I could never have imagined how blessed and grateful I would have become. I am 64 years old with 32 years of sobriety in Alcoholics Anonymous and now 3 years of abstinence in Compulsive Eaters Anonymous. I am healthier, look younger and feel younger than I have in years.

Thank you Jennifer, thank you God and thank you CEA HOW.