

Introduction

Are you ready to embrace all of the beauty you were born with?

That will mean living free of the obsessive, impulsive, and compulsive thoughts and behaviors that have made you bulimic. And now those behaviors that are making you a recovering bulimic.

With just a basic understanding of who you are, what drives you to do what you do, and what you want to do about it, my *Redeemed From Bulimia System*[™] will now help you plan and live the life of your dreams. I will show you that recovery no longer needs to be presented as a long-term, never-quite-there, never-ending battle with the raging food addiction monster inside of you.

However, what is true is that as a recovering bulimic, you have found a way to seek pleasure and avoid pain that works. If your addiction didn't work, you wouldn't still be doing it, right? So, on some level, the addiction helps you either loosen up and be yourself (see what you see, feel what you feel, want what you want, and say so), or it helps you shut down. This way you don't have to feel, say or do anything.

What makes the *Redeemed From Bulimia System*[™] unique?

So what makes my system different than all of the others out there? Simply this: We take the foundation of 12-steps programs, coupled with an understanding of family/friendship systems, and give you twice the recovery in half the time. No lifetime of weekly or three-times-a-week meetings. No belonging to the right group or you're lost. No imposed rules on what your recovered life should look like. Just a simple step-by-step program to take you to that life of your dreams.

As a mental health professional and recovered bulimic myself, I designed the *Redeemed From Bulimia System*[™]. Yes, I said recovered bulimic — past tense. I am not "recovering" and subject to fatal relapse at any second. I am not dependent on my ability to assert willpower moment by moment for the rest of my life. I am truly free from the obsessive, impulsive, and compulsive thoughts and behaviors that characterize an eating disorder.

Will I ever be able to change the effect that my drug of choice — food — has on my physical body? Obviously not. What we have proven to ourselves as bulimics is that a binge/purge episode will happen if we WANT it, we will HAVE it. Sooner or later.

What is the real recovery that you should seek?

Therefore, the only recovery I seek is the type that will make me not want to overeat and purge anymore. Then I won't be tempted, and then I won't think about it over and over.

This is what the original 100 men and women who wrote *Alcoholics Anonymous* talked about in 1934. Unfortunately, it is NOT what you find in the myriad of Anonymous programs peppering meeting rooms, teleconferences, and chat rooms today.

The goal of the *Redeemed From Bulimia System*TM is to help you learn to do life, not how to do therapy as a lifestyle. You'll be able to name your recovery, claim your victory, and dump your addiction. Once and for all. You can face the facts of your life and move on, free to embrace all of the beauty that you were born with. Both inner beauty and outer beauty will be yours.

Today, through my proven system, I challenge you to join me in this adventure.

Are you ready to begin the extraordinary life that awaits you? After all, I am ready to declare you redeemed from bulimia.

Sincerely,
Kelly Howard, Ph.D.

www.RedeemedFromBulimia.com