



Digging Deep for Change

By Susan R. Anderson



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Obesity, mental affliction, dependency, broken marriages—and at the apex of it all: Food. There are many who silently suffer through the perpetual cycle of deadly addictions, but very rarely is food addiction spoken about. It's a hushed existence with many who suffer under its control. Obesity began to control my existence at the age of eight. My battle with binge eating shaped every area of my life, from relationships to my low self-worth, for over thirty years. Battling compulsive overeating is not as easy as “going on a diet” when the issues that feed the addiction are psychologically rooted. In this intensely raw and introspective account, no stone is left unturned as I recount defining moments of a journey that embodies dysfunction, inner turmoil, and the emergence of determination and courage. In telling my story, it is my hope that those who have lived a windowless existence take solace in the knowledge that personal revelation and resurrection is indeed attainable when you Dig Deep For Change.

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