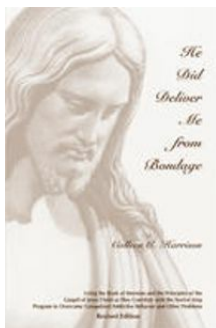


HE DID DELIVER ME FROM BONDAGE



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Reader's Opinions

This book can not only be the twelve step program but for ANYTHING. It is a book about a woman who struggles with an addiction to an eating disorder, she talks about the hardships she has to over come. I guess anything we over do can become an addiction, whether it be from too much time on the email/blog *jk*, eating disorders, or really...

This is best read with a group of people. Doing weekly discussions. The book is a 12-week program, in which there is extra reading, journaling and assignments. You can do it on your own, but it usually stirs...