All Twelve Steps Reading # 5

My wish for every compulsive overeater who wants recovery is that you, too, find your way to this simple program. Put your total faith and trust in these steps. They show the way to “let go and let God”, this is the way to contented abstinence and a peaceful, satisfying life.

Whether any of this is helpful to others I do not know. The only thing I feel certain of is that this program works if we let go all the embellishments so many of us try to bring into it.

Through honest, total abandonment of self in the process of working these twelve steps, we will begin to experience the freedom and contentment for which we yearn.