

## ***Cookie Dough in the Dark*** ***A Journey to Vibrant Health***

### Message to the Reader

This book, *Cookie Dough in the Dark*, took me a long time to share publicly. I had to work through the shame I felt around my binges and addictions to sugar. I had to know that I could handle the judgement and criticism or anything negative that may arise from those who may not understand my journey. That said, there has always been a tugging in my heart to release this story. I have worked with so many women with food and sugar addictions, including mums asking me about their kids with addictions, that if this helps just one person, then all the blood, sweat, and tears I put into this book will be worth every second.

May you find what is needed to heal your heart and release the shame you may feel about anything in your life. Step into your own power and confidence to be your best self, the unique person that you are, and be proud of it. Through my own journey of release, I have come to this place in my life that I am just so happy to be me; my mistakes and all.

You may feel alone. You are not alone. But I get it because I've been there. Scared. Ashamed. And powerless. I was hiding behind the mask of an addiction to sugar to numb my pain. I didn't know how to break free; somehow I was waiting for a moment, something defining perhaps? What I know now is that it's a process with many moments. Gradually, as I awakened to my fears, empowered and educated myself, and took each little brave step, I began to loosen sugar's grip on me. What developed is this story, and my hope is that it will begin to free you from any addiction you may have.

Sometimes, we cannot imagine how a hard time in our lives can be a blessing. I never wanted to be addicted to sugar and experience the pain I went through for decades, but it brought me to where I am today.

Having grown up sick, I have deep gratitude for my current health, so much so as I grew in my learning and self-awareness, that I became involved in the amazing and dynamic field of health and wellness. I know that everything I went through can inspire others to see the light within themselves to discover and live a healthier, happier life.

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