

Cookie Dough in the Dark
A Journey to Vibrant Health

Publisher's Note

If there is one quality that shone through the creative process of bringing this beautiful book to light, it would be courage. That's what it took, and then some, for Tanya to overcome the challenges she has faced with sugar addiction. How brave it was of Tanya to decide to tell her story and share it so publicly through this, her very first book, *Cookie Dough in the Dark – A Journey to Vibrant Health*.

Tanya shares her experiences in a way that is relatable and speaks to the heart of the reader. And further, she actively shows people who may be in their own darkness because of food or another addiction, how they too can survive and thrive. Her Action Steps to success are clear and achievable, and the outcome is being able to live a more positive life with vibrant health.

Warmest congratulations, Tanya, and thank you for the courage to shine through your own darkness; in doing so, you light the path of others. The ripple effect of your message and teachings will have a lasting impact to all who pick up *Cookie Dough in the Dark* and embrace your words.

Sincerely,

Sheri Andrunyk
Publisher, Author, Speaker, Mentor
Insightful Communications (I C) Publishing
Committed to Quality Content, Design, and Platform

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