

More About the Book

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Since my recent blog in which I wrote, "I think I will write a book," I have had much encouragement to pursue this idea. I have contacted the surgeon who performed my gastric bypass surgery in January 2001 and we are talking about writing the book together. My story would describe living a life with food addiction, binge eating disorder, obsessive compulsive personality disorder and a host of other "issues" and the surgeon would offer the scientific and medical logic as to why these conditions exist and how they impact patients like me; patients he has encountered in his nearly 35 years of practice in the field of Bariatrics.

My life has been a very interesting journey. We plan to take you along as we tell my story from high school to the present day. I am 62 years old, and in the proposed book, I will be sharing the many highs and lows that I have experienced along the way. There have not been too many periods in my life that I can remember where I seemed to have it all under control. I am not talking just about my eating disorder, I am also referring to my business life, with its successes and failures, my personal life, where I have demonstrated that a lot of work is needed to "get it right" and my every day life and how my addictions, or compulsive behavior have had such a strong impact in all of these areas. I was 50 years old before I even had an inkling that I had a problem that could be fixed with the right kind of help. Now, twelve years later, I feel that maybe in another five years or so, I might have it all figured out. Of course by the time I figure it all out, i will be entering a time in my life where I will have new things to factor into the equation of a balanced life.

I am very interested in what material you may find helpful if you were to read such a story as I've outlined above. I would welcome your input as the doctor and I move forward in outlining the book we have in mind. A book that, we hope, ordinary people will relate to and find help in dealing with these issues.

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