

Dear Alliance Supporter,

Warm and grateful greetings to all of you who support this life-altering nonprofit. I was asked to do the daunting task of sharing my words with you. It is daunting because *my heart and my soul experience the unique benefits of the National Alliance for Eating Disorders in a way that my words have difficulty articulating.*

I am an asterisk. Actually, I was an asterisk. Wait. To be as honest and accurate as possible, I need to say that I thought I was an asterisk. Let me explain.

Until just before the pandemic was in full swing, it never occurred to me that I could have an eating disorder. My understanding was that eating disorders could only be experienced by young, skinny, white, wealthy girls. I wasn't aware of my own ignorance. When I got diagnosed with an eating disorder, I was certain I, the asterisk, was the only person outside of my ignorant, inaccurate, and imaginary demographic to have an eating disorder. Since then I have learned a lot.

*I attended many different support groups before I found The Alliance. I learned things from them, but the belief in being the asterisk didn't fade and it fueled my shame. Recovery and compassion were possible and deserved by everyone, *except me. When I stumbled into an Alliance group, it was during their Not One More weekend support group marathon, something felt different and I was cautiously hopeful.*

I know now why my reaction to these groups was different. The Alliance isn't just a name; Alliance is their commitment to all who encounter them. They are my ally always. They can't recover for me but they are always with me. They have lived my lows and know that there is a way out for everyone. Everyone includes me.

I am not fully recovered yet. I can say "yet" only because The Alliance has shown me that despite all of my doubts, I am not an asterisk. I am part of a large, intelligent, suffering, wise, compassionate community that is learning to not only lift others, but also be lifted! That is a life-changing realization. That is hope.

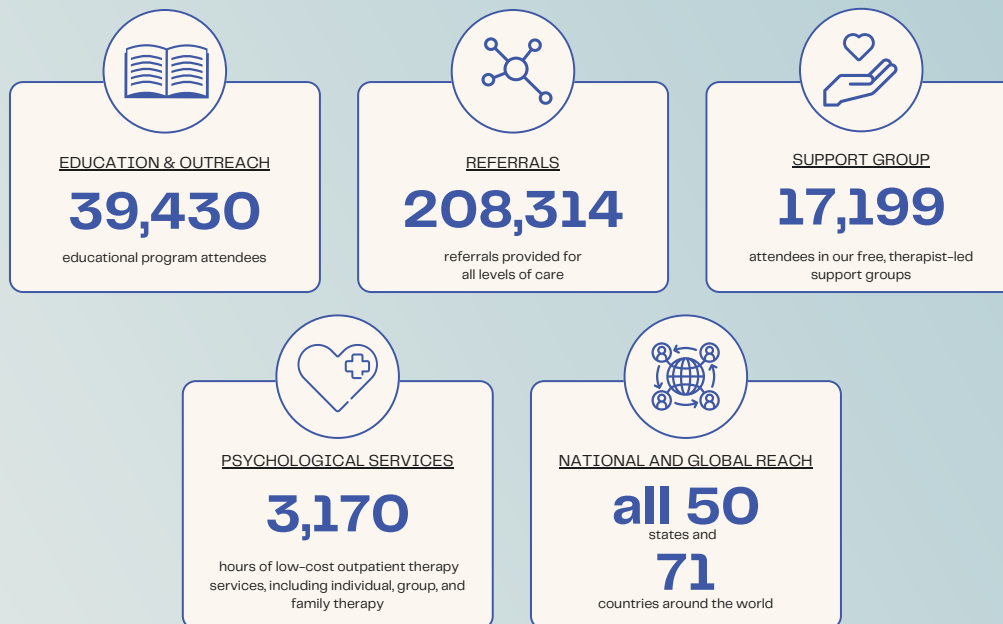
I am not the last asterisk. Many more people will tell "my" story of being the lone (and lonely) exception. Your generous support made my recovery possible. I don't know you, but I am infinitely grateful to you.

The demand for The Alliance's services is greater now more than ever. Although all of their services are free (or very low-cost) for individuals and families, they are a significant cost to The Alliance. Simply put, they need your help. Your continued support will help erase the other false asterisks and transform that painful despair into healing hope.

With appreciation,
Scott Lundh

The National Alliance for Eating Disorders, formerly The Alliance for Eating Disorders Awareness, began as a small, community-based grassroots organization in Southeast Florida in October 2000. Over the years, thanks to supporters like you, The Alliance has grown into the leader in the eating disorder nonprofit space, providing education, referrals, and support. Specifically, over the past three years, we have doubled our impact and services provided year over year.

The occurrence and severity of eating disorders have skyrocketed during, and as a result of, the pandemic. We have never been busier, and the demand for our programs and services has never been greater. In the first 10 months of 2022, we have provided more life-saving services, to hundreds of thousands of individuals and families nationwide, than ever before:



But We Need Your Help to Continue Saving Lives!

This giving season, we humbly ask you to support the vital services we provide to hundreds of thousands of individuals experiencing eating disorders and their loved ones. We cannot do this work with you.

Your donation allows us to continue providing necessary and life-saving services nationwide so that NOT ONE MORE life is lost, NOT ONE MORE child is taken, and NOT ONE MORE precious moment is destroyed by this insidious disease.