



Transformation Road

Sean A. Anderson

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"Transformation Road" takes the reader on the long and often tragic journey of Sean Anderson's battle with food and morbid obesity spanning just about his entire life. His experience with declaring war with himself graphically depicts the tortured soul of most of us who face an addictive and pathological relationship with food. Having won many a battle but inevitably losing his war, Sean offers us some insight as to who the real enemy has been. "Transformation Road" takes the reader away from the typical weight loss fixes and asks the reader to consider the nature of emotional eating and the "symptom" of obesity. The author reveals his "moment of clarity" and the resultant decision to declare a truce with his war with food. What follows is Sean's recipe for food addiction recovery. Although incorporating some suggestions that run contrary to some recovered food addicts, Sean's experiences are worth learning about and considering.

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