

Dear Members of ABA worldwide,

We are a small group of ABA in Israel, and wish that the English textbook will be published and translated into Hebrew. Here are some of our members views of why this book should be translated:

**S.**

My name is S\_\_\_\_ and I am a member of ABA Israel. The main reason I wish this book will be translated is that I hope to get deeper into our literature, and this cannot happen since my English is not good enough.

*When I read a message of ABA in Hebrew it moves me in ways that don't exist in English.*

I simply realise what is my problem and the solution for it. The ability to identify and the healing power of words.

**R.**

My name is R\_\_\_\_ and Im a Boulimic and an addict. By the Grace of God I am sober now for five and a half years. When I first arrived to the program, I started right away to attend meetings on a daily basis. All sorts of 12 steps programs- ABA, other eating disorders, and Spiritual lectures.

I continued one day at a time, focusing on my sobriety, read literature of other programs and moved on with my recovery process. But all this time I felt something was missing, like one piece of the puzzle is not in its place. In all the other programs it was mentioned that certain (food) ingredients cause this physical allergy that cause us the binging and purging cycle, I followed this direction but deep down I knew all along that this was only the tip of the iceberg. That the food is not my problem, that my real problem is way deeper than that and so should be the solution for it.

In Israel, we have one ABA fellowship that get together once a week. When I first joined this fellowship it was a very small group in its very beginning. I started reading the text book and straight away I realised that this was it. The missing piece of the puzzle was here.

*I felt that each word was written about me and for me. This book puts on paper and into words all the things I know inside but dont have the words to express them.*

Since my friends and I dont understand English that well we started translating it.

*I used to sit for hours with an open dictionary and literally "drinking" every word of it.*

The translation process took a very long time, we went over and over again through the chapters. It helped the group and for each one's recovery process as well. We learnt and still learning how to work together and to serve together. We learnt about right management of the group and the spirit of ABA came through the doors of our fellowship. Today our group has grown a bit and slowly slowly is evolving. There is a sense of recovery and the Grace of God is presence in the room. But still is a small group.

It hurts me to see that there is a solution but so many girls and boys, men and women are out there that are suffering from this horrible disease without even knowing that there is a solution. Some even come to a meeting or two but leave because of lack of understanding of this spiritual path and the depth that lies within it.

I began this translation for my personal recovery, and today my wish is that each Anorexic and Boulimic will have the chance to read this book here in Israel or worldwide in the Hebrew language. I feel that our duty as the "pioneers" of ABA Israel is to bring this solution of the 12 steps of ABA to be available for people. And that's why it is so important for the book to be published in Hebrew.

D.

My name is D\_\_\_\_ and Im an Anorexic and an addict,  
I believe in this program and in the healing power that lies in it.  
It is very important for me to spread the word and this textbook is written in such a precise way that translating it is the most natural thing to do.

*It helped me and still does a lot in my personal recovery journey and I wish it to every woman or man that want to make a change in their lives but dont understand English that well.*

If it works for me it can work for everyone.

Thank you