

To anyone who needs this,

I created The Choosing Peace Project because I know what it's like to struggle. I started facing my eating disorder when I was young, and it quickly became something that took over my life. At one point, I felt isolated, exhausted, and convinced I was completely alone.

Recovery didn't happen overnight, and it wasn't easy. I spent time in different treatment programs, some harder than others, but each step taught me something. Over time, I began to realize that I wanted more than just watching life pass me by, I wanted to be a part of it. That decision to choose recovery has shaped everything since.

Today, I'm back in school, enjoying time with friends, and even playing piano again. I've learned that healing is possible, and that peace can grow in places I never thought it could.

If you are reading this and struggling, I want you to know this: **you are not alone.** I believe in your strength, even if you can't feel it yet. Recovery is possible, and choosing peace is always worth it.

With Love,
Nat