



# It's Not What I'm Eating . . . It's What's Eating Me!

*Len Dippold, Velma (Daffy) Dippold*

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One day, Dot was contemplating her life with an alcoholic father, husband, and son. Someone commented on the food she was eating and her ongoing problem with an ulcer. She responded, "It's not what I'm eating . . . it's what's eating me!" Len Dippold (Dot's son) and his faithful wife, Daffy, discuss the healing needed not only for the addicted but also the loved ones of the addicted. Using plenty of wisdom, humor, and personal stories, they show how programs like Alcoholics Anonymous and Al-Anon have helped them in the process of overcoming this family disease. This book is sure to spark insights on how you too can overcome your challenges and addictions.

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