

For Today, April 22

When I read the reading in for today it was about the 'NOW". I had to read it twice and almost picked a different reading to write about because I felt it didn't really speak to me.

But I realized that like most things in my life I tend to complicate things and overthink the obvious. By the third time reading I realized that all this was referring to is this program teaches me to live one day at a time.

When I slow down and take it easy and put one foot in front of the other I am taking a step. Living in the solution one day at a time is all I can manage and that's all the program asks me to do.

It's when I try to live in the past or the future that my problems become overwhelming and I want to jump back into my old ways.

So I'll just take this simple program and admit I'm a complicated compulsive overeater working it one day at a time.