



## Experience, Strength & Hope: Gratitude

Dear EA Members,

In order to provide EA members with an extra "boost" during the early days of the pandemic, we began a weekly email, *Experience, Strength & Hope*, with trustee reflections based on the Just For Today's and focused on the current world situation. You can find that series [here](#). We received a lot of positive feedback on these emails and continued this service with a series of 12 emails on maintaining a healthy EA group. You can find that series [here](#). This next set of 12 emails will focus on gratitude as we move into the end of the year. We hope you continue to find value in these messages. Please share these emails and encourage others to sign up on our website [here](#) to receive them. You can find previous emails in this series [here](#).

### Grateful for Writers:

I am grateful for all of the people who have contributed to workbooks, newsletters and all of the other EA literature over the past fifty years. It can be easy to take for granted that great recovery content is available, but it takes time, effort and care to submit well-written content that people can relate to. Even better, like our emotional challenges, much of the content is timeless in its relatability. - Paul N.

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[director@emotionsanonymous.org](mailto:director@emotionsanonymous.org) | [www.emotionsanonymous.org](http://www.emotionsanonymous.org)

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