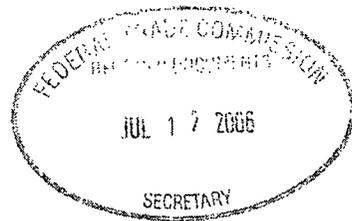


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Beth,

It was so great to finally meet you in Puerto Rico. I was so inspired by so many fabulous women while on my 1st and definitely not last incentive trip. My life has changed so much since I have joined Southern Living at HOME and I am very grateful to be sharing this story.

When I began my journey with Southern Living at HOME in October of 2005, I had no idea how much it would change my life. I have suffered for the past 8 years with an eating disorder called bulimia. Towards the end of last year it was beginning to affect my health. I had developed a stomach infection and was unable to keep weight on. I had also undergone a colonoscopy which showed that I had bacteria in my colon. In addition to that I had also become anemic and had very low levels of B-12 in my system. I was very close to being hospitalized and was seeing so many doctors that I could not keep them straight. This still did not prevent me from killing my body. I had tried so many things: I prayed, I went to counseling (even admitted myself once on an outpatient basis), I tried medication and nothing seemed to help until now. SLAH has answered my prayer and literally saved me from a disease that was slowly killing me and depleting my body of very essential nutrients.

Don't get me wrong, I did not just stop bingeing and purging the day I signed up with SLAH. It has taken until the last few months for me to really begin conquering a disease that I thought would haunt me forever.

Because of SLAH and all of the beautiful women involved with this business I now have something to call my own and have found a new home and release from my disease. The women I have met through this business are absolutely phenomenal. They have soooooo much positive energy. My life is forever changed. I am once again in control of my life and I truly feel empowered.

After this past trip to Puerto Rico, I truly get it. It is not about the product we sell (although I love all of it) is about empowering and enriching women's lives. I had completely lost myself after getting married and having two children. However now that I have joined SLAH I have new dreams and something to call my own. Something where I do not have to just be a wife and a mom (which is rewarding, just not enough) I can just be Ann.

Just to let you know that before getting married and becoming a stay at home mother I was extremely independent. I was a lieutenant in the United States Army and an executive team leader with General Electric Appliances. Then prior to getting married I had worked with the American Cancer Society as an event manager. All of these were very rewarding however after getting married and having children I had lost my independence and had become bulimic to deal with my depression. It was not until I found SLAH that I finally saw some hope. After returning from Puerto Rico I have an even bigger dream with this company. I know that it will be so much simpler for me to share this business with other women as I so get what it is all about. I am changed forever and I want to say thank you for that.

Hopefully I have been able to express myself. I know when I told my story with Beth Erb, Sue Bart and with Jerry I was in tears and hopefully I was able to express that in an email. My heart, my dreams, my entire life has changed and I have a new freedom to be ME. I am no longer hiding in my shell. I have come out to smell the flowers and share this awesome opportunity with everyone. I know that because last Friday night I had my first party since the trip and when it came to the end to do the "Why" part I know it came from my heart and it felt sooooo natural and not rehearsed. Again, thank you and I soooo look forward to meeting you at convention.

Sincerely,

Ann Uren