

because I said I would.

Shannon's Promise Story

"She had not known the weight until she felt the freedom."

-The Scarlet Letter



The most important day in baby Declan's life was not the day he was born. It was three years earlier when his mother, Shannon, returned home to Rocky River, Ohio from a treatment center in Florida.

That day was December 23rd, 2015. Millions of people around the world were celebrating Christmas and enjoying a holiday synonymous with eating. Shannon was doing the opposite. She was learning how to eat again. The Mayo Clinic defines Anorexia as an eating disorder

characterized by an abnormally low body weight, an intense fear of gaining weight and a distorted perception of weight. It may be hard to believe, but it is also the deadliest of all mental illnesses (Arcelus, Mitchel, Wales & Nelson, 2011).

Shannon, a fashionable and charismatic woman, lived a vibrant life on the outside. Yet, on the inside, she was imprisoned by the secret of her eating disorder. "I had been struggling with the disease for nearly ten years. It eventually got so bad that if my family didn't intervene, I may not be here."

Fighting back tears, Shannon said, "I'll never forget when my doctor looked into my lifeless eyes and told me I had gone into bradycardia." Bradycardia is a condition where your heart beats so slowly that it may not be delivering enough oxygen to the body. "If I wasn't hospitalized or went into residential treatment right away, I could go into cardiac arrest."

After her time in that treatment center in Florida, Shannon made a promise so strong that it would make life possible: To feed herself and her soul every day. Without that commitment, Shannon's body would have never been healthy enough to bring baby Declan into the world.

[TO LEARN MORE ABOUT SHANNON'S JOURNEY
CLICK & READ THE FULL STORY](#)

Your Free Promise Planner

The benefit of keeping promises to yourself and others are endless. However, what checklists and systems do we use to keep them? We have quality assurance systems in place all over the world for things like cars, fast food, healthcare and even social media.

What about promises? As our Founder Alex Sheen says, "Processes Keep Promises." That's why we want to provide you with a Promise Planner of your own!

The Promise Planner is a tool that enables to take your [Promise Cards](#) and develop a clear pathway to help keep the commitments you make.

[CLICK TO DOWNLOAD YOUR FREE PROMISE PLANNER](#)

We're Hiring!

Director of Development Position Open

We would love for our nonprofit to only focus on impact, but every nonprofit mission requires resources. We are determined to keep this ship afloat and moving fast.

We are looking for someone who thrives on the importance fundraising and development. Reporting to the Founder & CEO, the Director of Development (position located in Cleveland, OH) serves as a critical team member and an active participant in making strategic development decisions for *because I said I would*:



- Board development
- Major gifts
- Fundraising campaigns
- Grant writing
- Finance strategy and management

Do you know anyone who would be great for this role? Sharing this opportunity with your network could be a huge way to make an impact on the movement!

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