

Seventy-Five People Took the Time to Write Letters to Oprah!



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We have included below extracts from four letters of the seventy five sent to Oprah! You can read the entire letters by just clicking in the panel to print them out.

Dear Oprah,

I am writing to share with you about a place and a woman who literally has helped change my life and the lives of many others here in Georgia. The place is called the Atlanta Center for Attitudinal Awareness and the woman's name is Pat Zerman.

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"I believe it is possible to die from sadness. I also believe Pat Zerman's classes saved my life!"

- Kim Tilley

Dear Oprah,

This letter is dedicated to Pat Zerman for all her insight, support, and understanding that she has given me.

When I first met Pat I was a sinking ship heading down a whirlpool. I felt extremely dismayed about life in general. I was full of anger and helplessness. I hated the world and felt like life was not giving me my fair shake.

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"Pat does not talk in "psycho-babble" but gets right down to it; she is funny, refreshingly candid and direct and has an important message that has helped hundreds of people turn their lives around."

- Bruce Kaufman, PhD

DEAR OPRAH,
ONE BIG WORD TO GET YOUR ATTENTION, BULIMIA. HI! I AM WRITING TO YOU TO TELL YOU ABOUT A WONDERFUL WOMEN NAMED PAT ZERMAN. I WILL TELL YOU HOW SHE CHANGED MY LIFE.
MY STORY GOES AS FOLLOWS: MY NAME IS LAURIE. I CURRENTLY OWN 3 RESTRAUNTS AND 1 WOMEN'S CLOTHING BOUTIQUE. I HAVE A 10 YEAR OLD DAUGHTER, I AM A SINGLE MOTHER. I TRULY BELIEVE THAT I OWE THE MAJORITY OF MY SUCCESS TO PAT.
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Dear Oprah,

It hardly seems possible that almost 3 years have passed since I first walked through the doors of the Attitudinal Center of Atlanta and met Pat Zerman. It's easy now to realize why she saw me as a wimp and essentially lost.

When I first arrived, my marriage was falling apart and I wanted Pat to fix me, fix my wife and send us on our merry way. I had no clue that there were so many more big issues that were cooking for me and soon got caught up in the lessons that Pat had to offer.

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