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Love of Horses Inspires SHU Professor

Debbie Danowski, *Sacred Heart University*

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Professor Danowski at her home in Winsted with two of the three horses she adopted from H.O.R.S.E. Of Connecticut.

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Winsted resident and Sacred Heart University Associate Professor Debbie Danowski's book, *Why Can't My Child Stop Eating?* was released earlier this summer. A portion of the proceeds from the book, which is a guide to helping parents understand and overcome emotional overeating in their children, will be donated to The Humane Organization Representing Suffering Equines (H.O.R.S.E.) of Connecticut where Danowski is a volunteer.

"We are very grateful for Debbie's support," said Patty Wahlers, president of H.O.R.S.E. of Connecticut, who has rescued more than 650 horses over the last 30 years. "She's been volunteering here for over a year. She's good with the horses and has a passion for helping them."

Danowski, who was an overweight child and reached a top weight of 328 pounds, adopted three horses from the organization after she began volunteering there last November. Two months later, she signed a contract with Central Recovery Press to publish *Why Can't My Child Stop Eating?*

"I've always loved animals but horses hold a special place in my heart," Danowski said. As an overweight child, I watched other kids being active in ways that I never could. Fat girls don't ride horses, and they surely don't have the physical stamina to care for them."

Danowski, who lost half of her body weight 24 years ago, grew up in Stratford and has lived in Trumbull, Shelton and Oxford.

In her book, Danowski offers parents of overweight children guidelines for separating feelings from food. The book also encourages parents to examine their attitudes about eating. She also includes a list of 10 reasons parents can't control their child's overeating.

Endorsed by supermodel Emme as a “masterful book,” *Why Can’t My Child Stop Eating?* is Danowski’s fifth book. Her first book, *Why Can’t I Stop Eating?* was a bestseller at her publishing house. Her other books include *The Overeater’s Journal*, *The Emotional Eater’s Book of Inspiration* and *Locked Up for Eating Too Much*.

“I am very grateful to H.O.R.S. E. of Connecticut and the work they do to save abused and neglected horses,” Danowski added. “It’s a very special place, and I want to help as much as I can. My life changed completely when I started volunteering there. If it weren’t for the work they do, my three amazing horses wouldn’t be alive today. I want to make sure many other people get a chance to experience the deep joy and satisfaction I get from caring for horses.”

Currently, Danowski is promoting her book through a national radio tour. She is scheduled to appear on programs in Atlanta, Norwich, Conn., Washington, D.C., and Philadelphia.

“We’re an all-volunteer organization. No one here gets paid from donations or grants that are sent to care for the horses. We have been very lucky that people are so generous with both their time and money so that we are able to save horses who so desperately need help,” concluded Wahlers.

For more information about Danowski’s book, visit her website – www.debbiedanowski.com. H.O.R.S.E. of Connecticut is located at 43 Wilbur Road, Washington, CT. If you would like to make a donation, visit the organization’s website at <http://www.horseofct.org/donationsnmembership.html>. For more information call 860-868-1960.