

## A MESSAGE FOR PEOPLE CONSIDERING THEIR NEXT DIET

This is for you if you are contemplating your next weight loss attempt. Maybe you're making a list of the foods you plan to give up, the food journal you plan to keep, the calorie-counting you'll do. You're picturing the deprivation and the forced exercise, resenting it but feeling that there's no other way to get the body you want, the *smaller* body you crave. You're also thinking about all the wonderful rewards that come with a thinner you, such as attention, admiration, and respect. The possibility of thinness is stronger than any concern about how hard and uncomfortable it will be to get there. You're motivated and ready!

Before you jump on the diet bandwagon yet again, however, I'd like to encourage you to think farther into the future—*after* you lose weight. Think two years from now, when it's quite likely that you'll have returned to your starting weight, maybe even higher. I understand that you don't want to consider this. You're probably tempted to stop reading now and are angry at the spoilsport "friend" who slipped you this paper.

Indulge me for just a few more paragraphs. I don't intend to take away your hope, but, instead, to help you reframe your thoughts so you can actually achieve what you're looking for.

It's way too easy to believe that a thin body will right everything wrong in your world. That your life will automatically improve once you're thin enough to take the steps you feel your weight prevents you from taking today. But it won't. The reality is that this fantasy of weight loss is what's stopping you from achieving your dreams—not your weight itself. The pursuit of weight loss rarely produces the thin, happy life many people dream of.

Excerpt from *Health at Every Size: The Surprising Truth  
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It's also way too easy to believe that you can control your weight through disciplined diet and exercise. The science just doesn't support that myth. The reality is that biologic safeguards underlie your body's resistance to maintaining weight loss. Research demonstrates that most people, regardless of willpower or diet or exercise, regain the weight they lose. In fact, research shows that dieting is a strong predictor of weight gain! *It's not your fault* that you are among the majority who hasn't been able to keep off the weight thus far.

I'm not asking you to give up on your dreams. What I am suggesting is that you move on. When you stop trying to control your weight, you allow your body to do the job for you—naturally and much more effectively. If you stop fighting yourself, achieving and maintaining a weight that is healthy for your body becomes effortless.

Just think how much fun it would be if you didn't have to worry about your weight!

Curious about the science that supports this? Want strategies and support for getting in tune with your body? Check out *Health at Every Size: The Surprising Truth About Your Weight* ([www.HAESbook.com](http://www.HAESbook.com)).

Health at Every Size has been evaluated in several research studies, the results published in top scientific journals. Adopting a Health at Every Size lifestyle can give you what you want much more effectively than a diet ever will. You have nothing to lose by trying.

And be nice to the friend who gave you this! He or she is trying to support you in achieving *your* goals.

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