

“But what about a major stressor, like a car accident, an unexpected family death or an international tragedy?”

There is no magic wand. I can only offer the breathing techniques in this book. Life happens. Cars crash, people die, and innocents are suddenly killed. It is important to acknowledge these major stressors in our lives and find honorable ways to express our feelings. When we feel out of control or in deep pain we may choose to repress our feelings by overeating. But that is only a momentary fix.

Pain is a signal to listen.

It is our job to figure out what to do with our pain. I personally sit, write, or walk with my grief over major stressors. Somehow I always come up with a solution to my pain. It doesn't undo the fact or reality that the car is smashed, a loved one has died, or that hundreds of people are dead. However, it gives me hope in my tears, that I can do something above and beyond drowning my sorrows by eating a whole bag of cookies.

I can contribute to my healing by reaching out and doing something—and in that action maybe the healing will touch someone else. There is no one right answer here. You have to do what resonates with you. The most important element here is to **acknowledge the pain and deal with the pain**. And yes, one could say pain, whether it is minor or major, it usually manifests as a stressor. There is no magic salve, except to breath and listen with your heart.

“What do you mean by weight and don't we all weigh too much?”

Weight is, in reality, the measurement of pounds or kilos that we need in order to survive and hopefully thrive. Weight is only a negative if it is out of balance. Weighing too much or too little is a stress in itself. If your weight issues are holding you back physically, mentally or psychologically from creating and actualizing the life you choose to live, then you are out of balance. And someone is making a lot of money on our imbalances—the \$68.7 billion diet industry. (Google Stats 2010.) Why are we giving them our hard earned money? Just think of what we could do with \$68.7 billion.

“What is homeostatis and why is it in a weight management book?”

Homeostatis is an organism's ability to maintain internal equilibrium. It may also be applied to multiple organisms, as in your entire body and the environment. Both are delicate and interconnected. Think ecology, as in a system striving for balance.