

Excerpt

# How **BIG** is your **YOYO?**

7

28

10

“...I also know that diets do work. If they didn’t work then I’d have been even bigger than I was and I wouldn’t be slim now.

...Did you turn straight to these 5 Golden Rules to find the miracle diet that made the difference...I lost 20 lbs in just 6 weeks with this diet...this one I used to lose 10 lbs in 10 days...

...Now that I’m slim I know this is not right...I didn’t starve...A few people asked if I was bored. Bored? When I was losing fat everyday?

...I’ve found out that slim people’s conversations are the same.....I was incredibly conscious about what was in my trolley when I was fat, I thought that people would be thinking, “No wonder she’s fat”...here’s the truth...

...I was always oh-so-conscious of not being slim. Was I obsessive? Were other fat teenagers like this?...One of my worst fears was that we ‘skinny dip’.

...When I was fat I had a harder time deciding what to wear each day...the goal was to wear clothes that made me look as ‘not fat’ as possible...now that I’m slim I can fit everything in my wardrobe, there are even a couple of skirts that are too big...And I can wear long boots.

...The shock registered on their faces...the other reaction was silence, the nothing...It’s a touchy subject...now that I’m slim, do I say anything?

...Okay, not many people like housework whether you’re fat, slim or somewhere in-between but believe me...there is one thing that’s harder as a slim person...

...That extra thinking, the constant wishing involved...has anyone else kept food diaries like I have? When I was fat they were full of meaning...it took two months of fighting with myself...

...You could be reading this and thinking, "Its okay for you but I eat for comfort"...I didn't eat sensible portions of lettuce...then I was on the last big diet that led to my slimness.

...I discovered that fat is all the same stuff...I was doing it for myself and the decision was mine and mine alone.

...When I was fat and saw a slim person exercising, I'd wonder why they were running...I've never woken up one morning and thought; "I know...I'll run a marathon!"...the fat didn't fall off at all...I started to play squash as well and there was no falling fat from that either...

...To live my life lean I've had to learn... and had one of those Oprah 'ah-ha' moments when I realized that my muscles were 'meat'...

...I was more body conscious and self-conscious when I was fat than I will ever be now I'm slim...my body is just there to carry 'me' around. And it does this best when it's lean; no excuses, just muscle and me.

...I love living life lean, my slim body wears clothes better, it crosses its legs more easily, gets me into my low sports car, takes me where I want to go without pain, and I can wear stilettos.

...Phew, even getting this far was an immense accomplishment, all those years I wished I was slim and it actually became real. It can be real for you too...and hey, if you can lose half your bodyweight you can do anything..."

Thank you for taking the time to read these excerpts, I truly hope it helps you

Best wishes



Linda Calkin

*Other recommended reading:*

- What Planet are The Slims from?
- My Last Big Diet
- How I Created my Slim Life