

mind



## The weighting Game continued...

used to relieve boredom. We all need stimulation in our lives and this can be a way in which we learn to get it. If you want to lose weight consider how you get your stimulation needs met? If it's through food, look for alternatives. Each of us is unique and will have our own ways of potentially using food in an unhealthy way.

Of course, losing weight can be a challenge. We all know the practical solution but we may sabotage what we really want because of what is going on at a psychological level. An important step is to take responsibility for ourselves and to acknowledge this is a 'choice' that we are making. We are, however, capable of making new, better choices. By finding ways of bringing our unconscious process into our consciousness we give ourselves the opportunity to address the issue and therefore succeed in our goals.

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# A Nation of Losers

Karen Martin

**As levels of obesity go off the scales we are becoming a nation of sad losers. In a typical dieter's lifetime it is possible to lose the equivalent of your entire body weight several times over. And the tragedy is that, in order to do so, we are repeatedly piling the weight back on again.**

Adding insult to injury is the perception that those who struggle with their weight are somehow morally inferior to slimmer counterparts, as if strength of character can be judged by tape measure. Compounding the misery is the belief that we must suffer the prolonged deprivation of a diet programme in order to achieve our ideal body weight.

The social and cultural attitudes surrounding obesity are a unique kind of cruelty. We are surrounded with the most delicious and bountiful choice of flavour-enhanced food ever known to mankind which food manufacturers spend billions on exhorting us to over-indulge in. But the same media which advertises excessive consumption damns those who do with obsessive coverage of lollipop-headed celebrities, portraying them as ravishing icons of starvation as a lifestyle choice.

This is not a political rant but an observation of how difficult it is to feel happy in your own skin, whatever your shape or size. It's no wonder that teen eating disorders are becoming more widespread with cases emerging of middle-aged sufferers of anorexia and bulimia.

Everyone has their own unique relationship with food based on a complex combination of nature and nurture. An emotional connection with food is established from birth with feeding always accompanied by comforting cuddles. From an early age we have clear personal tastes and quickly learn that our eating behaviour can be a means to achieve control, win attention or gain rewards.