

Ok, I have a PS to add to my update letter this week.

I was laying in bed saying my prayers tonight when I had a huge flood of emotions wash over me and I just had to put pen to paper (so to speak) and share these feelings.

I am having a hard time keeping my mouth shut. As those of you who know me well know, that's REALLY hard for me. I say it like I see it. Well, I can't keep my mouth shut on this one, so here goes...

It hurts me so badly when I hear people close to me say how disappointed they are with themselves. How they need to lose weight. Then, to see them turn right around and do the same thing they have always done to keep the weight on - or even put more weight on. It's so hard for me not to whip out my Food Police whistle and slap em with a ticket. I wish I could tell every single person that you are worth every ounce of effort it takes to lose the weight. I know you can't change anyone. They won't make the change until they are ready. Someone once offered me MONEY to lose weight. I was all for it...then gave up because I wasn't worth it. I just wasn't ready.

I wish I could share with every single person close to me, heck, every single person ANYWHERE, that needs to lose any amount of weight, how wonderful this feeling is. I wish I could bottle it up and give a dose to everyone. It's such a rush! It's a freedom that I have never felt before. Not even in my previous weight loss attempts. It's a freedom to know that I control myself. No one else does. It's the freedom to know that I can make the right decisions. To know that I can be a role model for my son.

I AM worth it, my health and happiness, I am worth it. And to know I can do this on my own (with all of your support of course) with proper diet, portion control and exercise (no, it's not a bad word). I don't have to succumb to the fad diets or weight loss pills (trust me - I've tried them!). I can do this the RIGHT way. I can do this the way that will teach me to keep this weight off the rest of my life.

If I could have just one wish, it would be for each and every person that needs to lose weight to enjoy the freedom I have felt after losing this 88.4 pounds. The freedom to know that no one can make me do what I don't want to do. The freedom to know I can say "NO". The freedom to know that, even at 284 pounds, I am important and I am special. The freedom to know I have a collar bone! (Yes, I saw it for the first time in the mirror today!) The freedom to know that food doesn't control me, I control the food. The freedom to know that this is not a DIE IT. It's a LIVE IT! The freedom to know that, because I am taking this step I WILL

live. The freedom to know that I will become healthier...strike that...the freedom to know that I AM healthier.

Thanks for letting me get my feelings out. If you have gotten to the end of this email, I appreciate you reading it. We are worth it. We are important and special.

And - as Stuart Smalley would say, "I'm good enough, I'm smart enough, and, doggone it, people like me!" :-)

I will be taking orders for your free trial bottle of "Freedom, by Tracie". There would have to have a footnote *Results typical

Tee Hee!

I am The Incredible Shrinking...
Tracie Sanderlin - The EXTREMELY Happy Loser

"There is one quality that one must possess to win, and that is definiteness of purpose, the knowledge of what one wants, and a burning desire to possess it."
- Napoleon Hill

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