

Slices from *Water with Lemon*



Even that simple movement made her remember how graceful she'd been when she was sixty pounds lighter.



. . . when we adopt one seemingly insignificant change into our everyday lives, the result, over time, can surpass all expectations.



Every step in the right direction is a success in itself, and any progress is exceptional progress.



. . . when it comes to losing weight and gaining health, anything that doesn't sound like good common sense, anything that isn't *simple* sense, is usually *nonsense*.



The enemy is out there. And it's what's making me fat. . . . And the weapons I need to defeat the enemy are courage and knowledge.



Same junk, different names. They're the enemy's weapons, advertised to the hilt and aimed right at my house. Right at my family!



That's when it becomes an invisible part of your life – that's with you for the rest of your life.



I don't know if there's anything more simple to describe, and more complicated to accomplish than losing weight.



. . . staying within your comfort zone is key, because if any part of any of the habits becomes irritating, then it becomes useless. Just like a diet.



You're describing *me*," she said. "I'll eat until I can't eat anymore. I don't even think about it. If it's there, I eat it.



It's a quiet, calm feeling, approaching feeling full, but still a good distance away from feeling stuffed.



I have a choice in everything. And the ability to choose makes me powerful. For the first time in my life I feel in control!



This is the first time I've ever lost weight without being on a diet, by eating my weight off, and I feel unbelievably wonderful!



This was not a diet. It required courage and thought and planning and choice – but no pain or sacrifice or any part of a diet mentality.



And now you're here, at your wall. . . . Confront it, Janice. Do what your father said. Face it. Take down your wall.



. . . she returned to her original sense of determination, and let that quality shunt the other feelings aside, bolster her newfound strength, her growing confidence.



The Power of One Good Habit is real life. And real life isn't always pretty. We fall down and scrape our knees. Then get back up and move on. And our habits move on with us – continue to move on – for the rest of our lives.