



## Top Ten Ways to Turn Your Fat into Your Salvation

1. Ask yourself what the why's are about your fat and about the good of the girl who's inside there. Make that list and read it until you are absolutely convinced it's true of you. Your beginnings might be weak. Begin.
2. Look for the life lessons in everything you experience. It's not about the fat; it's about the lessons.
3. No matter what happens to you, find the good about it whether it seems to be good or not. It's good. It contains a lesson. If you "get" the lesson, you've gotten the good.
4. Don't allow the "I'm fat" idea to keep you from doing *anything!* Eat ice-cream cones in public. Ride horses. Wear sleeveless blouses. Buy formfitting clothing. Tuck your blouse in. The You of You deserves to have and do it all.
5. Know that you are as equal as any other human being on this planet is equal. You deserve what's good. Deservedness lives outside of "size."
6. Seek to become more good, to express more good, to understand more good, to love more good. You can start from right where you are right now as you read this. You can get there from here.
7. Persevere. It takes the guts of a saint and the vision of a guru to keep on keeping on. Do it. Even if it's dark, look for the light and then walk in it.
8. Seek to find loving acceptance about yourself, no matter how you look, no matter how you behave, no matter what you earn, no matter where you are in your life. If you can find some smattering of loving acceptance about yourself, it will grow. When you have enough, you won't need the protection of obesity any more.
9. Know that you are strong. God would not insult you by giving you a cross that is too heavy for you to carry. You are obese, in public, outside the standard for so-called physical perfection. So what! You are you and you can still unfold understanding while obese, maybe even more so because of it.
10. Don't accept any kind of put-downs by any other. It is the good in you (the god in you) they are defiling. No self-respecting obese woman would permit this, and yes, the emphasis is on the *Self*-respecting.