

## The Gift of Weight Loss.



March 1, 2010

The attached pictures are from the beginning of March, 2010. The last one is from three weeks later.

Someone else took the outdoor pictures of me, who was not looking at my fatness. When I first saw them I was mortified. Now I can look at them with acceptance.

You can not be looking down on yourself and feel shame and mortification because of your weight. The reason you can not is because it will cause you to eat more.

### Side-View Mirror Self-Portrait 20100324



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In my case I reflexively go back to over-eating when I feel bad, as in down, or maybe even depressed. The attached pictures helped me more toward getting on some kind of diet than being told I weigh 371 pounds. The pictures were more concrete than the abstract number.

What I have had to realize that my weight may kill me, I may never win against it, but that carrying that guilt and shame at my appearance, really a fear of what other's may think, will not help me.

Best I can tell you is that when you slip on your diet, when you get a glimpse of how big you might really be, the best thing you can

do is start again in your efforts to loose weight.

Father, I come to you in Jesus Name, and ask on behalf of me and my readers that we may be given the gift of weight loss.

Paul Phillips, 371 pounds. Written the Saturday before Easter, this year. Looks like in the last picture I have started to loose a little, though I only show my face.