

In 1992 my world fell apart. My eldest child became sick. In the next five years I would bury three children and gain almost sixty pounds. By the time the world was stable under my feet again, I was about 240 pounds and unable to lose weight. Physical activity in any real sense was beyond me. While I had lost some weight from my peak, my set point was permanently moved upwards and not ready to budge.

For health and other reasons, I needed to lose weight. I started by building muscle mass by lifting weights. After three years of that, I was much stronger, but no lighter. I started a program to deal with my resurgent grief issues (no one else died, but we had a subsequent child who dredged up a good deal of buried emotion) -- that is to deal with them using a tool besides food.

Then, November 13, 2005, I started what I refer to as Seth Roberts' program (or the Seth Roberts Method). As of April 15, 2006 I was at 192.5 pounds, a weight loss of almost forty-eight pounds.

This is not a "before and after" story. It is a "before and during" story. While 48 pounds is a good number, and gets me back to where I was when I, my wife, and the three girls would go wind surfing every evening, it isn't where I am going to stop. I've had a few plateaus, but I'm still at about one and a half pounds a week, steady progress and I intend to keep it going.

I'm no longer fighting myself. I eat without compulsion and without my internal editor telling me that I haven't eaten enough. Instead of what is almost a creeping loss of sanity about food, I think about it the way my thin secretary used to talk about it before she moved. If I want to eat more for a fancy dinner, I skip lunch. When I hit the amount of food I expect to eat for the day, I stop and don't feel like eating more.

Being overweight seems to have two parts, much like being an alcoholic seems to have two parts. What Seth has shared has given me a physical recovery from that problem, the rest is up to me.

And yes, I'm happy about it. So are my wife and my two children. It is as if I've gotten my life back, and I'm grateful.

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