

Dieting - It's Not Just For Women Anymore!

My husband is on a very active email list with several other men who carry on (sometimes heated) debates about all kinds of issues. Their latest discussion, which has resulted in over 100 postings, has been on the subject of weight loss. Dave has forwarded some of these postings to me. It's quite interesting to see these men arguing passionately about a topic that used to be a "woman's" issue. I'm going to go out on a limb with a greatly generalized observation about the difference in the way women talk about dieting and the way these men were talking about it.

In my experience, women usually blame *themselves* for their lack of "success" at dieting. They bemoan their weakness and their lack of willpower. The consensus is that any diet would work if they just had the intestinal fortitude to stick with it.

On the other hand, these men blame the *diet*. They were quite sure that losing weight would be no problem if they could just figure out which diet is the one that works! They even bragged about their own strength in the face of temptation, one man offering up as evidence his ability to stop smoking cold turkey with no help other than his own determination.

So they argued low-fat, low-calorie, low-carb, NO-carb, exercise vs. no exercise. They tossed around the results of studies and experiments. The conversation got VERY heated as the data and statistics flew!

After several days of this, it appears that the tempers have cooled, at least for the time being. And what is the final consensus? There really isn't one. Yes, we know a lot of scientific facts. But we don't have an answer to the question, "How does one safely and permanently lose weight?"

In the many decades that scientists have been studying obesity, there has been an incredible amount of knowledge uncovered. It seems that we know a lot about how and why the body creates and holds onto fat. There are also lots of theories about what it would take to force the body to let go of that hard-won store of precious fat. But still, 95% of all weight loss attempts end in failure. Even the tremendously risky gastric by-pass surgery has a certain percentage of patients that regain the lost weight.

I imagine that you're thoroughly depressed right about now, so let me leave you on a positive note. Until science finds the answer to the question of how to safely and permanently lose weight, you can still live a healthy and happy life. If you're fed up with the constant barrage of nagging and whining about weight loss, you can opt out of the hysteria and come to a place of peace with your body and with food.

You can become an intuitive eater - learning to eat when you're hungry and stop when you're satisfied, and never go on another diet again.

You can learn to welcome joyful activity back into your life so you can go out and play instead of trying to make yourself spend another boring hour on a treadmill.

You can make friends with your body and drop all the negative judgments that society heaps on us.

Every man, woman and child deserves to be accepted and loved just as he/she is. If you're ready to make your way back to a life of self-love and nurture, [visit GenuineYou Coaching](#) today for a free coaching call and find out how coaching can help you live your best life!

About the Author

JoLaine Jones is a Wellness Life Coach whose passion is helping women love their bodies and love their lives. Find out more at [GenuineYou Coaching](#)

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