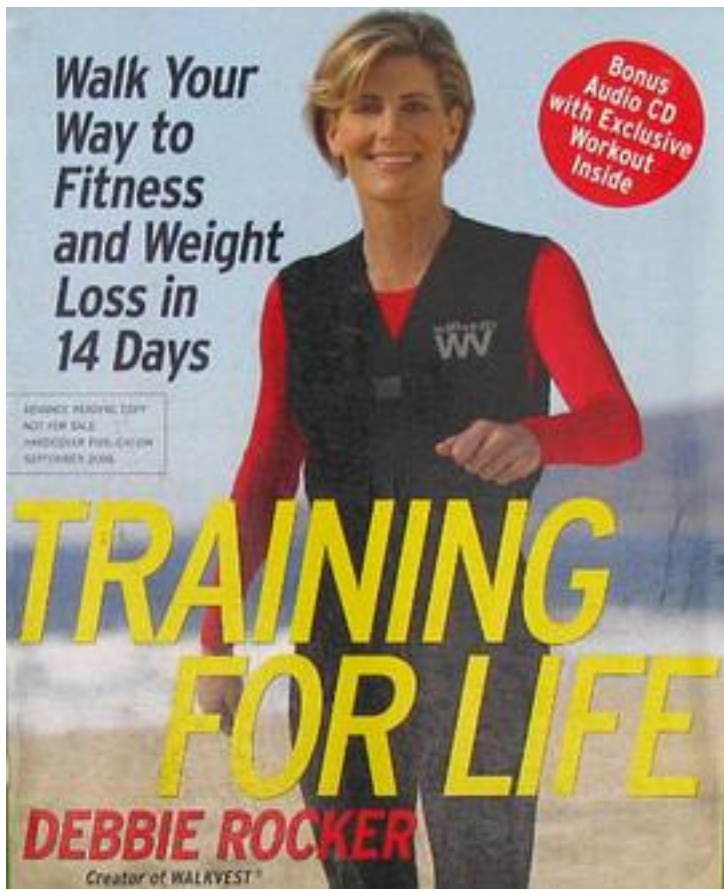


Training for Life



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<p>Preface

We re out of" shape for our lives.

Molly still blames \"bab~weight\" for the forty extra pounds she s carrying

on her pe-

tite frameï¼Œ although her youngest child is eight. She hates full-length mirrors and won t

let her husband see her without clothes; needless to sayï¼Œ the romance in that relation-

ship is dwindling.

Jane has spent the last fifteen years losing and then

five pounds. By now she has two complete wardrobes: a

two personalities to match.

l)onna looks greatï¼Œ but maintaining her beautifid body is driving her -- and every-

one around her -- crazy. She hasn t eaten butter or a whole egg since nonfat foods got

their own aisle in the supermarketï¼Œ and at restaurants she makes waiters and everyone

else at the table miserable with her list of demands. On one memorable occasion she ig-

n0red the menu entirely and ate carrots from a q~lpperware container with the restau-

rant s silverware.

Alex s doctor has read him the riot act over his high cholesterol. Alex knows he s in

rouble; he can barely breathe when he climbs the short flight of stairs up to his office

~0orï¼Œ and he hates what he sees in the mirror. But he says that no matter what he doesï¼Œ

tie can t seem to shed the pounds that are killing him.

Almost everyone I know is out of shapeï¼Œ and not just

for the so-called American Dream is turning our

worked anti unfidfilledï¼Œ undernourished and overfe

~ing ourselves into the ground. Obesity is at an all

~0uring into the diet and weight-loss industry.

physically. More and moreï¼Œ striving

lives into nightmares. We re over-

dï¼Œ quick-tempered and slowly run-

time highï¼Œ and so is the money we re

pouring into the diet and weight-loss industry.</p>

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