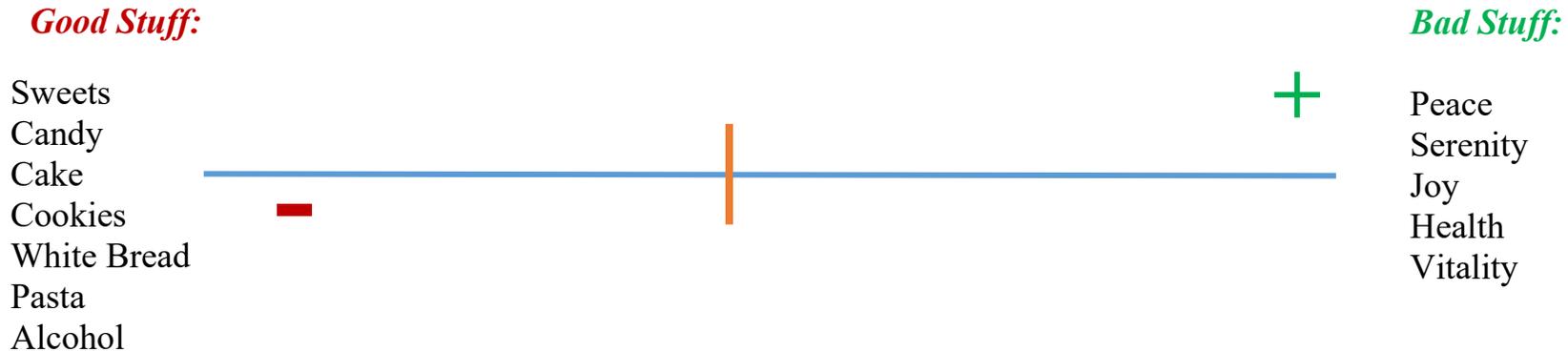


Good Stuff in Life

Are you telling me that in order to lose weight I have to give up sweets, candy, cakes, cookies, white bread, pasta, alcohol, etc.?
Yup, I sure am!

But you're asking me to give up all the Good Stuff. *Am I?*
So, if we are going to call something Good, then there must be an opposite and opposing Bad?
Does that make sense? So if we label something "Good",
then by default the other end of the spectrum must be "Bad".



If we *deprive ourselves* of what somehow gets labeled Good Stuff (**Sugar**),
then our rewards (the consequences) must be the Bad Stuff. (**Health**) *YEA*
If we reward ourselves with what we label Good Stuff, (**Sugar**)
then our true reward becomes poor health and dis-ease. What by default has been labeled Bad Stuff. (**Health**)

Be Aware and Extremely careful of what labels you are attaching to the things in your life.