

Out There on the Edge of Everything.

By Stephen Lesavich, PhD, JD

In this new monthly column I will be exploring all kinds of edges. An *edge* is a place where a disruptive transition occurs. An edge is also a place of contrast, a place where change is visible.

Edges are very common in nature. A beach is a gentle edge between a body of land and a body of water. A cliff is an abrupt edge, a violent transition between a steep rock face and the air.

Edges are very common in our lives as well. A birth, death, divorce, illness, breakup, falling in love, etc. are all examples of edges we experience in our lives. Some edges are pleasant, others not so much. We voluntarily accept some edges and other edges are forced upon us.

Many of you have made a New Year's resolution to lose weight. As I write this column in February, let me ask, how is that going for you? How many pounds have you lost so far?

So what is the edge of losing weight? Intuitive counselor, life coach, and best-selling author Colette Baron-Reid (www.colettebaronreid.com) in her new #1 best-selling book, *Weight Loss for People Who Feel Too Much* (Harmony Books December 2013) believes that it is your feelings, and not your calories, that is crucial to releasing weight and keeping it off for good.

Colette explains that "Picking up the energy and emotions of others is very overwhelming and the more empathetic you are, the more likely you are to use food as a defense and be overweight."

Does this sound familiar to you? Do you feel disoriented by strong emotions you pick up from members of your family or significant other during an argument? Do you feel anxious when your boss yells at someone else at work and all you can feel is his/her anger? Do such events send you to the refrigerator to get another piece of chocolate cake

or to the vending machine to get a supersized candy bar and a large soda? Did you ever connect the dots between feeling such emotions and eating?

In her new book Colette has created a mindfulness approach to weight loss called *Weight Release Energetix®* (www.weightreleaseenergetix.com) that includes her exclusive copyrighted IN-Vizion® process. The IN-Vizion process is designed to provide quick relief from empathic overload and enable a peaceful state of mind called neutral observation to avoid overeating. The IN-Vizion process interacts and helps reprogram the emotional response patterns stored in the sub-conscious mind of empathic people in a positive way.

Colette says "in my book and in my online program we approach weight loss by taking the focus off of losing weight and make it about loving yourself and your body. It's about radical acceptance and achieving peace of mind first, not when you reach a magic pant size or a number on the scale. We put the main focus on managing difficult emotional states with my mindfulness techniques, while telling the body it can release the stress. The weight loss is actually a by-product of the process. We say NO to diets and no to scales. This is a radical approach because we live in a beauty-based culture. Women in particular are hardest on themselves because they can't adapt to the unrealistic photo shopped women we see in magazines. We come in all shapes and sizes and the pressure is enormous. Women multitask too much and have no place to recharge and be nurtured, so food is a self-soother. Then we have the stress hormones that create a Petri dish for self-loathing. My mission is to stop the shame cycle and have women love themselves into the size their bodies are happiest at. The body knows what it should weigh



at its healthiest. It may be you are the perfect size ten or a size zero."

Colette's new approach to weight loss has gained widespread interest and she has recently been featured on Dr. Phil, The Doctors, CBS This Morning and The Today Show, on the radio, in *Elle* and *W* magazines and many other publications.

If you resonate with Colette's approach, she has additional information in her book and on her web-sites. Remember; always consult your physician before beginning any weight loss program. As with any weight loss program, no results are guaranteed and any actual weight loss varies from person to person.

So what is your edge of losing weight? Join us in that conversation on Twitter at #edgeofweightloss.☺

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