

Now exercising is very important for your overall health but if you loathe exercising like I do, you will burn much of your willpower on that activity and then pay for it later by making bad food choices.

And when it comes to losing weight, most of your effort should be focused on food. We have this backwards idea that you can exercise your way into weight loss. But for most of us emotional eaters who don't like working out... we blow our willpower by doing a hard workout and then convince ourselves that we can get away with eating carbs and sugar - we've earned it.

The problem is that we often burn maybe 200 calories when working out and then we eat an extra 1,000. So now we've lost willpower, gained calories and we're going to be really discouraged when we look at the scale in the morning.

Willpower is limited. Tackle your eating first. When you get your food into a routine, then you can add in exercise. Remember we're fighting for a lifestyle change here and that happens by making baby steps!

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Pick a Food Plan

This book is not a diet program. It's designed to be a companion to a diet program. You need to choose a food plan that will work for you. I prefer a whole foods diet that is low in gluten, dairy, sugar and processed foods. I usually start off by doing a Whole30. You can Google that program to learn more about it. Some of you might think YIKES, I can't do that and that's okay. You may like the ease of Weight Watchers or drinking Shakeology or any of the hundreds of diet plans out there.

I personally think that cutting out sugar and processed food is important for everyone. Those two things are highly linked to cancer and other diseases. We are addicted to sugar and to processed foods. That's one reason why most of us can't "just have a little." We need to cut them out entirely if we stand a chance of breaking our bad eating habits. You know if you are one of these people. If you are, be strong at the store. Don't bring anything home that you do not want to eat. Don't let your kids be an excuse to buy bad food... you'll just end up eating it.

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Offer It Up

One of the best aspects of being Catholic is the opportunity to combine our suffering with Christ's suffering on the cross and to offer it up to God. We may be having a stressful day and instead of complaining about it, we put a smile on our face and say, "God, I offer this up to you for unborn babies."

This is such a powerful idea that I have created a monthly Offer It Up worksheet for you to use. Each day, you'll pick a person or cause to pray for. Then each day as you experience temptations, you will think of your prayer intention and it will give you strength to overcome.

I remember when I first started using this worksheet, I was trying to lose weight after my second daughter was born. And this particular day I had dedicated to the conversion of my father. My dad is a pretty stubborn agnostic with some bad experiences with Catholicism so I know it will take lots of prayers and some serious nudging of the Holy Spirit to convert him. On this day I was getting ready to teach Religious Education to third graders and I had discovered that bribing them with jellybeans was a great way to get them to participate. I had a huge jar of jellybeans on my countertop.

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I believe that with the help of Jesus, every single one of us who suffers from emotional eating can find freedom and live a healthy life. I know that none of us can do this without His strength. If you feel like you aren't capable, in a way, you're right. But it's not YOU who is going to tackle this problem. You are going to embrace Jesus and use His peace, His strength and His love to fight your food demons.

We must learn to live our lives for Christ. We want our actions to be pleasing to Him. We want to take care of our bodies so we can do the work he has planned for us. THAT is our true motivation. If we can cling to that, if we can fix our eyes on Him, we can let go of the need to celebrate our successes and failures with food.

I will be praying for each and every person who reads this. Together we will draw on our wonderful Catholic faith to get us through.

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The important part is to choose something that you can work into your life and something that you can sustain. You want to start training yourself to make healthy food choices now and for the rest of your life. We've got long lives to live and a lot of God's good work to accomplish so you're going to need a strong and healthy body.

I want each of you to be saints in Heaven.

One way we can do that is by breaking this stronghold the devil has on us; by learning how to live for God instead of living for food.

The Secret Weapon

I want you to picture yourself as a ninja. You are a ninja warrior who is about to do battle with the grocery store, the fast food chains, the coffee stands and all the special occasion appetizers and desserts that are going to be paraded in front of you. And when they see you coming, they won't be afraid of you. They will assume that you are going to fall for all that carby, sugary, fried goodness. But they don't know that you have discovered the secret weapon.

The secret weapon is water. Our bodies are mostly made up of water and we need lots of water to be our

the stronger your foundation will be for tackling great challenges. And the great challenge you may need to tackle is being a good wife, a kind mother and a loving Catholic.

Willpower is Limited

Did you know that the amount of willpower you have for any given day is a limited resource? That means that if you have a really trying morning where you have to get the kids to school, bake cookies for a fundraiser, clean your house before your mother-in-law comes over and go to the grocery store with a toddler... you have probably exhausted your tank of willpower before 1 p.m.

So when you get hungry at 3 o'clock, your ability to choose an apple over a cookie is significantly diminished. That's why it often feels impossible to make good choices in the evening, your willpower is gone.

This is why it's important to pick your battles and not to start too many new things at once. In fact, when I need to lose weight, I usually decrease my exercise regimen down to something really easy like 10 minutes of walking or a little bit of strength training or sometimes (gasp) nothing at all if my life is particularly stressful.

Positive Affirmations

Ever since positive affirmations had a huge effect on my 2nd and 3rd birth, I've been a big fan. I'm not a fan of "attracting" things to yourself but rather choosing to think positive thoughts instead of negative ones. For me, that took some purposeful training. The good news is, the steps are easy.

First, I downloaded an app called Think Up. I typed up 50 affirmations. Then I recorded my own voice saying these affirmations. I try to listen to this track which is somewhere between 20 and 30 minutes every day. Some of my affirmations include things like:

"I can do all things through Christ who strengthens me."

"I am kind to my children."

"I make healthy eating choices all day long."

"I drink plenty of water throughout the day."

"I am special because God created me."

Things like that but this is a great way to replace your negative self-talk with positive cheering! It's also a great way to help you fall asleep because the music is lovely.

"So, whether you eat or drink, or whatever you do, do all to the glory of God." 1 Corinthians 10:31

"But I say, walk by the Spirit, and do not gratify the desires of the flesh." Galatians 5:16

"But I chastise my body, and bring it into subjection: lest perhaps, when I have preached to others, I myself should become a castaway." Corinthians 9:27

"Therefore, if anyone is in Christ, he is a new creation; [a] the old has passed away, behold, the new has come." 2 Corinthians 5:17

"For I know the plans I have for you, says the Lord, plans for welfare and not for evil, to give you a future and a hope." Jeremiah 29:11

"Whatever you do, do it from the heart, as to the Lord, and not to men." Colossians 3:23

"Be subject therefore to God, but resist the devil, and he will fly from you." James 4:7

"Take delight in the Lord, and he will give you the desires of your heart. Commit your way to the Lord; trust in him, and he will act." Psalm 37:4-5

You matter. You are important. The world needs the beauty of women. The world needs your help to bring more **loveliness** into the world. That **loveliness** starts with understanding that our true worth is priceless. God loves us so much that He let His own son suffer unimaginable pain for our sins. God specifically chose us to be born at this very time. He has a great purpose for each one of us.

But it is hard for us to carry out God's purpose when we are compulsively feeding our feelings and our bodies are too tired, too anxious, too broken and too sad to work properly. And I'm not talking about crosses that we can't will away. I'm talking about when I get stressed and I eat a bunch of sugar to soothe my feelings but then I get such a bad headache that I have a terrible afternoon as a grumpy mom, an ungrateful wife and a Catholic who has no energy to make the world a better place.

It is crucial that we take care of our bodies so that we can be instruments of God. You are important. He has a plan for you. Don't let the devil slow you down by convincing you that cookies will make you happy, that peppermint mochas will bring you peace. You are in control of yourself and the more you make good choices, the more you will build up trust within yourself. And the more you trust your own self,

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One of the best ways to kick out negative thoughts is to saturate your brain with positive ones! I think this is especially powerful when you use scripture. You can't insult yourself while you're praising God!

I want you to pick one of the following verses to say to yourself at meal times. You need to repeat this verse 10 times before you eat your meal. You can even do it while you're doing your meal prep. **THIS IS IMPORTANT.** You need to slow your brain down, soak up God's word and go into your meal without anxiety. What we're trying to do is to calm your brain so you're not stress eating.

Pick another verse to use when you're feeling tempted. Whether you're at the store, at a party or thinking of raiding your own pantry, pick a verse that you're going to hold onto in these times of temptation!

Circle the two verses that speak to your heart:

"...man does not live by bread alone, but that man lives by everything that proceeds out of the mouth of the Lord." Deuteronomy 8:3

"I can do all things through Christ who strengthens me." Philippians 4:13

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best selves. I can almost guarantee that you're not drinking enough water. It's difficult for us to pull off in our busy lives that are peppered with coffee, diet coke and wine. And 8 glasses is not really enough for most of us. They say you should take your weight, divide it by two and that's how many ounces you should be drinking in a day.

As I write this, I weigh 165 lbs. so I should be drinking 82.5 ounces of water which is a little over 10 cups of water per day. That's about of a gallon and a little less than 3 liters... so a lot of water!

To drink enough water throughout the day, you really need a strategy. You don't accidentally end up drinking 10 cups of water, you need a plan.

On the next page are five ways I recommend drinking ten cups of water per day!

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One Last Note

I have failed at weight loss many times. I have cleaned up my eating only to dive back into the glittery land of sugar and carbs. I say this not to leave you discouraged but to give you hope. Since I have become Catholic, since I have given my life to Jesus, I have gotten more healthy than I have ever been in my whole life.

I don't get it right all the time. Sometimes I let my emotional eating get the better of me. But when that happens, I turn to the tools in this book and I recommit myself to what's most important to me. And it works!

I want to be a saint in Heaven. I want to align my will to God's will. And I know that I won't become the best version of myself if I'm riding the sugar/carb roller coaster, suffering from headaches and lacking energy.

I don't know how many more times I'll get pregnant. All I can do is work hard right now to be healthy so I'm able to do whatever God asks of me. That is my wish for you as well, that you find freedom from emotional eating!

Blessings,

Sterling Jaquith

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Five Tips For Drinking More Water

1. Keep a large water bottle by your bed and drink water as soon as your feet hit the floor.
2. Put an app on your phone. There are lots that keep track of water intake.
3. Keep a bottle of water with you in your purse so you can easily grab it throughout the day.
4. Drink a pint glass (16 ounces) before breakfast, lunch and dinner. Since you probably won't fill it to the top, let's call it 15 ounces or 45 for the day!
5. Drink a cup of caffeine free tea after dinner. This is a great way to wind down your day. Most coffee cups are at least 6 ounces. I drink a special nighttime blend or peppermint tea.

Water is your best friend! It will help you avoid headaches, feel more full and keep your body running like a well-oiled... well-watered machine!

Thank you, women who work! You are present and active in every area of life-social, economic, cultural, artistic and political. In this way you make an indispensable contribution to the growth of a culture which unites reason and feeling, to a model of life ever open to the sense of "mystery", to the establishment of economic and political structures ever more worthy of humanity.

Thank you, consecrated women! Following the example of the greatest of women, the Mother of Jesus Christ, the Incarnate Word, you open yourselves with obedience and fidelity to the gift of God's love. You help the Church and all mankind to experience a "spousal" relationship to God, one which magnificently expresses the fellowship which God wishes to establish with his creatures.

Thank you, every woman, for the simple fact of being a woman! Through the insight which is so much a part of your womanhood you enrich the world's understanding and help to make human relations more honest and authentic. [End quote]

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are emotional eaters, this is an especially hard cross to bear. The emotional ups and downs for pregnancy and miscarriage drive us to seek comfort in food. But it doesn't have to be this way. We can band together; we can lean on Christ; we can ask our Blessed Mother for her wisdom and her guidance. We can focus on becoming the women God wants us to be, moment by moment and find our true beauty comes from Him.

Read on to find out how to kick emotional eating to the curb and to seek a healthy lifestyle this year and every year, despite the challenges that come your way. I know you can do it! And know that at this moment, I'm working on it too through the pregnancies, miscarriages and life in toddlerland! First things first, we have to work on reprogramming our mind!

Lean on the Scriptures

We have to replace the negative tracks that are running in our minds. Mine is pretty bad sometimes! I get really down on myself, I give up hope, I think things will never change and that I'll never be strong enough to kick this bad habit of mine. But those are all lies the devil is whispering in my ear.

In Pope John Paul II's Letter to Women, he gives us some encouraging words:

Thank you, women who are mothers! You have sheltered human beings within yourselves in a unique experience of joy and travail. This experience makes you become God's own smile upon the newborn child, the one who guides your child's first steps, who helps it to grow, and who is the anchor as the child makes its way along the journey of life.

Thank you, women who are wives! You irrevocably join your future to that of your husbands, in a relationship of mutual giving, at the service of love and life.

Thank you, women who are daughters and women who are sisters! Into the heart of the family, and then of all society, you bring the richness of your sensitivity, your intuitiveness, your generosity and fidelity.

Falling Off the Wagon

My husband likes to say that we don't just fall off the wagon, the wagon backs up and rolls over us a few times... that's how bad it is when we break the rules. And if you're anything like me, as soon as you make one tiny mistake, you kind of feel like, "Oh well, I guess I've blown it for today" and then you eat ALL THE FOOD!

We have got to stop this cycle. We have got to control our feelings and our choices . When you make a mistake and eat something that's not healthy, just pause. Stop, take a deep breath and pray the Our Father. If you're at home, I highly encourage you to do this on your knees. Pray out to our Lord to help strengthen you. Beg for His grace and His strength to get you through the rest of the day.

Don't let one bad choice derail you. Just acknowledge it, forgive yourself and move on. You're fighting for something much bigger and much better than this one moment. You are beautiful. You are strong. You are going to be a saint in Heaven on day. Today you may have stepped off the path but you're going to do an about face, get right back on that path and keep walking towards your goal!

7 weeks. I hadn't gained any weight during this time but I hadn't lost any either, which is never my goal during pregnancy. After our miscarriage I never got my period, we immediately got pregnant again. This time I was pregnant for 3 months before we had another miscarriage. By that time, I had gained 10 lbs. It is heavy to share my story with you but I hope to share that weight loss and progress on your health is possible amidst these great ups and downs.

I have learned a great deal about the healthy way to lose weight. It's not easy but if you lean on Jesus and your motivation is to do God's will, you'll find the strength to overcome common obstacles and maintain your self-esteem. I'd probably be at a healthy weight if I hadn't been pregnant 6 times in the last five years but I'm at peace with that. I've made lots of good choices throughout those years and that's why I don't weigh 250 pounds. I love my lumpy mama body and the six beautiful babies I've housed. I still struggle with emotional eating. I don't always get it right but the tools in this booklet are the ones I lean on to make good choices.

I share my story knowing that many Catholic women are striving for strong healthy bodies while also dealing with many pregnancies and losses. For those of us who

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Kicking Out Your Food Demons

The reason we are tempted with the same things over and over again is because the devil knows our weaknesses. The devil doesn't tempt me with pornography or the urge to steal things... he knows he would lose that battle. Instead he convinces me that I "deserve" to eat bad food because I've had a bad day or I "deserve" to eat tasty food to celebrate a big win in my life. He whispers these lies into my ear and I've fallen for them so many times.

One of the ways we can overcome our food demons (and I am pretty convinced the devil has dedicated a whole demon to sit on my shoulder and tempt me into eating sweet, sweet carbs) is by going through a process of deliverance. I would highly recommend reading *Unbound: A Practical Guide to Deliverance* by Neal Lozano so you can go through the process of releasing your demons.

You may be bound by some toxic messages you received in your childhood. You may be bound by a previous romantic relationship that destroyed your self confidence. You may be bound by cruel kids in high school. Reading *Unbound* will teach you how to find Christ's healing and help deliver you from any evil

Weight loss is not about becoming beautiful. You are already beautiful. Weight loss is about getting healthy so you can do all the things God has planned for your life; so you can become the best version of yourself on your way to sainthood.

If you cannot look in the mirror and see your beauty, you need to work on that. You may work that out now or you may need time to recondition your broken image of yourself. It's very important not to tie your idea of beauty to the number on the scale, that's a losing battle. You've heard this before but do you really believe it?

Look at yourself in the mirror. Really look. Keeping looking and seek your beauty. Seek the truth. Our beauty comes from how much God loves us, not what we weigh or how many wrinkles we have. I find that the most beautiful women in my life are the ones who are the most faithful. They are usually quiet, calm and simply dressed and yet they exude grace and beauty. So let us embrace our Catholic faith and feel confident in our inner beauty. In the end, that is what shines the brightest in the world.

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going to have. I was disappointed in myself for having not been stronger in the last year.

Having nothing to do with my weight, we sadly miscarried that baby at 7 weeks. This was such a blow for us. As often as you hear those stories, you're never quite prepared for when it happens to you. As much as my heart ached for this baby who was now in Heaven, I decided that I would honor my sweet baby by making the most of this year and getting healthy. That's when I dove into a whole foods/paleo lifestyle and started to Crossfit. I worked my heart out and I got down to 145 lbs. before we got pregnant again.

I was in the best shape I had ever been. I was strong. I was healthy. My body shape had actually changed due to all the intense strength training I was doing. I leaned on God during this time and kept praying to my sweet angel baby for strength. That pregnancy was my most healthy and least painful. I finished that pregnancy weighing 185 lbs. I worked hard after having our second daughter to lose my baby weight knowing that we could get pregnant again and wanting to be healthy if that was God's plan for me.

I managed to get down to 147 lbs. before we got pregnant again. Sadly we suffered another miscarriage at

You are beautiful. You are important.

You are beautiful. Period. You are a creation of God, the creator of the universe. He gave you your hair, your nose, your little toes and He doesn't care if you have wrinkles or a poochy tummy or thighs that touch when you walk! So take a minute, close your eyes and say to yourself outloud, "I am beautiful."

Say it again. "I am beautiful." Keep saying it.

I usually keep saying this until I start to cry because I realize that deep down, I don't feel beautiful. I've bought into the lie too. I have to keep saying it until I feel like God is giving me the biggest papa bear hug as He's whispering this to me over and over again. "You are beautiful my daughter." Then when I moved to tears, I begin to believe that it is true.

You need to believe this about yourself. Women live in a world where the devil is trying his hardest to convince us that we're not beautiful. And in a funny way, the word beautiful is thrown around all the time but our understanding of true beauty is so distorted that when the world uses that word, beautiful, it now has a plastic and shallow meaning - it's been photoshopped.

that's surrounding you or your marriage. It's a book you can read over and over again and the practices in it are ones that you'll likely do your whole life. It's very hard to break the chains of emotional eating if you are bound by evil forces in your life.

Terrible, Horrible, No Good, Very Bad Day

You already know this is going to happen. You're going to have a terrible day at some point. It's gonna be a dooser. You're going to want to reach for a mocha, some cake, some ice cream, a bag of chips, whatever your thing may be. You can picture eating it. You know it's going to calm you down. You know it's going to soothe you. I won't argue there. The food does actually bring real comfort in that moment and maybe even for the rest of the day.

But the feelings are fleeting. They aren't real. They have masked whatever issues you were dealing. What's worse is that you have created a new problem by unhealthy eating habits. You absolutely will be unhappy in the future when your weight goes up and your health declines.

To battle this you need Jesus. You need to pray and you need to breathe. Recognize that you're about to make a bad choice because you're stressed.

"Wait a minute Sterling, you're not skinny"

You're right. At the time of writing this, I'm not skinny. I am 5'3" and I weigh 165 pounds. But while I still have a ways to go in my weight loss journey, I have made significant progress in the last five years of my life. When I met my husband a little over five years ago, I weighed 205 pounds. That's a lot on a tiny girl of 5'3"! I basically starved myself until our wedding and managed to weigh 165 lbs. I don't recommend doing this.

We got pregnant on our honeymoon and I ended my pregnancy weighing 205 lbs again. It was emotionally hard to have gone through the work of losing all that weight only to gain it back, even if it was for an amazing reason like pregnancy. I delivered my sweet baby and managed to get down to 185 lbs within a few months. Then I hung out at that weight for a little while. I wasn't making good food choices and I had lost my motivation to lose weight.

Then I unexpectedly got pregnant when Rose turned one. I still weighed 185 lbs. I remember sitting in the kitchen and crying to my husband that this pregnancy would likely be harder starting out 20 lbs heavier. I didn't want the extra health problems I knew I was

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"When it is all over you will not regret having suffered; rather you will regret having suffered so little, and suffered that little so badly."

--St. Sebastian Valfre

Start reciting your prayer verse for stressful situations. Then breathe like Navy Seals do under pressure: breath in for six seconds, hold for two, breathe out for seven seconds. You will totally screw this up the first time, that's okay. Try it again and again. Keep trying until you're successfully breathing 6 in, hold for two, 7 out.

Picture yourself eating YOUR THING. Imagine enjoying every tasty morsel. Now picture yourself an hour later or the next morning, whenever the regret normally sets in. Picture how disappointed you feel with yourself. You know what that feels like too. Now imagine seeing the next five pound milestone on your scale. Think of how happy you'll feel!

You Can Do This

There are people who are conquering cancer, overcoming poverty, living with severe disabilities...you can stop being an emotional eater. Emotional eating is a heavy cross to bear. I think it's greatly misunderstood and rarely addressed properly. For those of us who suffer from this addiction, our guilt only fuels the problem. Set your guilt down. Set your worry down. You do not have to be a slave to your emotions and you do not need to feed the emotions you have.

And on the top of this Costco size jar of jellybeans was my favorite... a cherry flavored jellybean. It was just sitting there, gleaming and calling out to me. I could taste the tart and sweet goodness and my mouth began to water. It's watering even now as I'm typing this story! I wanted to eat that jellybean so badly! I even screwed off the top of the jar and was reaching for it when I remembered my dad. I remembered this man who raised me, who loved me and who sacrificed so much for me. I paused and thought there is no jellybean that tastes better than having my dad with me in Heaven. There is no food that I want more than I want his salvation.

I screwed the top back on that jellybean jar. I wasn't even disappointed. I felt filled with joy and hope. I was able to turn my emotional eating around and channel it into something good. That is the purpose of the Offer It Up worksheet.

I have included one month at the back of this book. There is also a blank version at www.sterlingjaquith.com/worksheets. Fill it out. Keep it with you. Get serious about losing weight and offer up your suffering for the important people and causes in your life.

For more writings about striving for sainthood in everyday life, you can visit www.sterlingjaquith.com

You can also connect with me in the following places:

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Periscope: @sterlingjaquith

Welcome!

If you're here, it's probably because you suspect (or without a doubt know) that you are an emotional eater. The good news is that recognizing this will help you to stop trying to find a quick fix or a fad diet and to instead address the root problem of what's going on. Emotional eaters have a messed up relationship with food. It gives us a high and it dulls our pain so we latch onto it like a drug.

Unlike many addictions, we can't give up our temptation... we do still have to eat! I'm hoping that the tips in this book will help teach you to recognize your temptations, stare them straight in the face and say, "Nope, I'm gonna choose to lean on Jesus in times of celebration and in times of suffering and HE is going to get me through."

Once you have found the strength to do this, you'll find that tackling your food stuff because a lot more clear. It's not necessarily easy but you can conquer it in a way you have never tried before and you can find freedom from emotional eating! Read on to find out how...