

# DIET NUGGETS AND WISDOM APPETIZERS

365 DAYS OF ENCOURAGEMENT FOR DIETERS



KATHLEEN KURLIN

***Diet Nuggets and Wisdom Appetizers***  
***365 Days of Encouragement for Dieters***

By Kathleen Kurlin

***Diet Nuggets and Wisdom Appetizers*** is an original work and many of the names that appear in the body of the book have been changed to protect identity.

*All rights reserved.* The author guarantees all contents are original and do not infringe upon the legal rights of any other person or work. No part of this book may be reproduced in any form without the permission of the author. The views expressed in this book are not necessarily those of the publisher.

All Scripture quotations, unless otherwise indicated are from the Holy Bible, New Living Translation copyright ©1996, 2004, 2007 by Tyndale House Foundation. Used by permission of Tyndale House Publishers Inc., Carol Stream, Illinois 60188. All rights reserved. New Living, NLT, and the New Living Translation logo are registered trademarks of Tyndale House Publishers. THE HOLY BIBLE, NEW INTERNATIONAL VERSION®, NIV® Copyright ©1973, 1978, 1984, 2011 by Biblica, Inc.™ Used by permission. All rights reserved worldwide.

All quotes used were copied from <http://www.quote garden.com>. If no reference crediting the quote is given, the quote was written by me, Kathleen Kurlin.

Cover & Interior Design by Cory E. Olson, CEO Graphics

Back Cover Photo by Jim Fischer

Copyright © 2013 by Kathleen Kurlin

Printed in the United States of America

ISBN-13: 978-1484871294

*For my girls,  
Lindsay and Kelsey  
You are amazing, beautiful women.  
I am blessed that God chose you for me.  
And for all my sisters who struggle with  
Weight, wanting nothing more than  
to be comfortable in your own skin.  
You are not alone!*

## PREFACE

I want to be clear from the get go – this is not a diet book, nor is this a Bible reference book. I am not a nutrition expert, a personal trainer, life coach or theologian. I am a writer, but more importantly, what I am, is a “regular woman” who has been battling weight issues since I was a child. I am a “Professional Dieter” and a woman who has struggled her ENTIRE life to be comfortable in her own skin; a woman who wants to love myself as I am regardless of my weight, yet unable to accept myself for who I am when I am continually unhappy with my weight.

My first “real” diet at the age of 14 lasted three months and resulted in the loss of the 30 pounds I was targeting. I successfully kept that weight off for four years until I married and slowly started regaining the weight. When I got pregnant and gave birth to my first child at the age of 23, my 60-pound pregnancy weight gain birthed my weight loss obsession which sent me straight to my first Weight Watchers® meeting. One year later I reached my goal weight and successfully maintained it to achieve my Lifetime Membership. A divorce and a few years as a single, working mom wreaked havoc on my emotional state, which exacerbated my hidden food addictions ... and so the cycle began in earnest.

Like countless other women, I’ve tried every fad diet, program, plan and pill in the endless pursuit of losing weight and keeping it off. I have been at my ideal weight and maintained that healthy weight for extended periods of time; even worked for a major weight loss company for several years during that maintenance time. Through all these programs and plans, I invariably regained the weight (and then some), which led to depression, binge eating, shame and guilt ... etc., perpetuating a lifetime cycle of yo-yo dieting.

Two years ago I made a decision to stop the vicious cycle of losing, gaining, depression, failure, guilt and shame and made a plan to get off the hamster wheel of diet insanity. I joined a year-long support group through my church called *Living Free*, which is similar to a Celebrate Recovery group based on a 12-step program. What I learned in that year was that I am serious food addict who suffers from bulimia and exercise bulimia. This didn’t come as any real surprise to me. I’d been in denial for some time; reluctant to give voice to my obsessions, because knowledge leads to responsibility and responsibility invariably leads to accountability.

I have subscribed to several daily online devotionals that I’ve been reading for many years. These devotions have provided me with daily encouragement and spiritual insights for many of life’s challenges including spiritual battles, financial difficulties, job struggles, parenting dilemmas and relationship trials. While I have benefitted from these devotionals, I have yet to find one that speaks specifically to my daily diet struggles. Because of my food addictions and exercise obsessions, I have made a



career out of dieting, and I want – no I *need* regular, daily encouragement and spiritual enlightenment with this one, major area of my life.

I started thinking that *someone* should write a devotional that would provide readers with daily insights and encouragement that would speak specifically to weight loss needs and challenges. And then I thought that *someone* could be me since I'm a writer and I've got decades worth of experience at weight loss battles!

When I began the *Living Free* group I felt God speaking to me to chronicle my year-long journey in a daily online blog so that I could provide encouragement to my sisters in Christ walking this journey with me. This book is the result of my year-long journey to self-discovery; my journey to get healthy; my journey to a commitment to follow Jesus and truly LIVE FREE of the bondages of food addictions, exercise addictions and living cloaked under a mantle of shame and guilt.

My year long journey was like peeling back the layers of an onion. With every layer stripped away, God was ready and waiting to uncover yet another hurt, another scar, another triggered memory responsible for my life-long addiction to food. It wasn't a pretty journey, but in the end it was a pretty remarkable journey to see the amount of healing God brought to me.

This book isn't meant to cure anyone who suffers from food addictions, bulimia or any other eating or food related disorder. It's definitely not another diet regime. This book is meant merely to provide little *bites* (as in appetizer) of spiritual encouragement and little nuggets of diet truths to those seeking direction from someone who has been there; a sojourner who has not only walked this road, but fallen down repeatedly, only to push herself up time and time again.

The title of this book, ***Diet Nuggets and Wisdom Appetizers*** is intended to whet your appetite for the Savior while encouraging you as you walk the challenging road to weight loss, emotional health and spiritual growth. Two years after beginning my journey I can't say that I'm cured from my food addictions and diet obsessions as I don't believe any of us ever arrive at total victory or perfection this side of Heaven. I can say that I am stronger, more confident and at long last happy with the woman God created me to be.

My prayer is that through this year long journey, those who suffer with weight loss struggles and food addictions can begin to peel back some of their own layers and discover the road to healing. I pray you find that underneath those layers you discover the person God created you to be. I pray this book gives you hope.

*Blessings in Christ,*  
**Kathy K.**

## ACKNOWLEDGMENTS

First and foremost I must always give thanks and praise to my Lord and Savior for blessing me with the gift of words. I thank Him for speaking through me – and to me and for allowing me to use this gift and passion for writing He has placed in me to reach out to others. Through His mercy and healing, He has managed to use my trials and struggles to make my “mess” my message and my “tests,” my “testimony.” I’m not all the way there yet, but gaining ground daily. Life is hard, but with Christ as my center, He has made it more than bearable – He’s made it rich in love and laughter.

Thank you to my “boys,” my husband, Robert, my son Jordan and my grandson, Gage. Your constant and unwavering support has kept me going when I have doubted myself. My special thanks to Bob; I love you more than words can say which is odd for a girl who loves words so much. You’ve always encouraged me to pursue my dreams, even in the many lean years when there was barely enough money for groceries and gas. You rarely told me ‘no’ when it came to writing expenses and have always been my strongest supporter and greatest cheerleader.

I would be remiss if I didn’t extend a special thank you to Cory Olson of CEO Graphics. You are a heaven-sent angel straight from God and your gifts and talents are beyond compare. You are a woman of high moral character and full of integrity; especially when the task given you was probably way more than you bargained for. Your commitment was unwavering and I appreciate you immensely! You have an amazing God-given talent!

Thank you also to Jen Chang for your willingness to help with the daunting task of editing and finding all my typos and errors. You are a heaven-sent angel as well and I appreciate your willingness to jump in and help out in the eleventh hour. BIG thanks to you!

To all my sisters in Christ who walked this difficult road with me in *Living Free* two years ago. Your stories, your struggles, your pain and your tears impacted my life significantly. Thank you to my accountability partners, Christina, Mona, Linda C. and Valerie. Thank you also to Joyce, Rebecca, Linda B., Judy, Tammy, Karen, Faye, Ellie, Brenda, Cara, Mary, Betty, Sue, and the countless others who came and went over my year in *Living Free*. You have all been a great source of inspiration and encouragement to me.

Last, but certainly not least, thank you to my beautiful daughters, Lindsay and Kelsey. I know I haven’t always influenced your lives in a positive way with regards to your self-confidence and body image. I pray you can learn from my mistakes and truly embrace the beautiful women that you are. Take it from me, it doesn’t matter what the scale says, you are not valuable because of what you weigh. You are

valuable because you are compassionate women who love deeply, live passionately and embrace life with both laughter and common sense. Be well-balanced my beautiful girls ... go forth and “be responsibility,” and love who God created you to be!

*Thanks be to God ...*

JANUARY 1  
HAPPY YOU NEAR!

Here it is again ... the start of another New Year and that can only mean one thing: it's time for the proverbial New Year's Resolution. You've been here before and made the same resolution year after year (decade after decade). You tell yourself this year will be different. THIS will be the year you're going to lose those extra 10 (20, 40 or 100 lbs.) *once and for all*. If that were true, you wouldn't be here again, making that same resolution; no closer to losing the weight than you were a year ago.

Let's face it – most of us know resolutions don't work anymore than diets do. A diet, by its very nature is so restrictive, it quickly becomes unrealistic. So how can we expect this year to be different? Well first off, ditch the diet notion altogether and purpose in your heart to make several realistic changes. If you need a good program always start with a trusted health care physician for recommendations. There are many programs that work, but always remember that shortcuts are just that – they only work *short term*. Stick with a sound program that promotes slow, steady weight loss.

Don't go on a diet - make simple lifestyle changes. Walk more – move more; eat less. It's not rocket science and most of us have heard this all before. This year, take those extra steps; clean out the pantry and fridge TODAY. Rid your house of all the junk food; find an accountability partner or support group; keep a food/menu journal and most importantly – include God in ALL your plans – be it losing weight, getting out of debt or whatever your resolution may be this year. God wants to be part of EVERY aspect of your life! If you want to lose weight ... PRAY, PRAY, PRAY! And after you've done that – pray some more. Hopefully, by incorporating all these suggestions into your life you will achieve your New Year's goals and you'll uncover a brand new you. This year can be different! Don't fail at another resolution for a Happy New Year; but realize there's a Happy You Near!

After all is said and done, a lot more will have been said than done.  
~ Author Unknown

*Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Philippians 4:6 (NLT)*

**PRAYER FOR TODAY:** *Father God, I know that I've tried to lose weight before and failed. I am asking You for divine guidance to help this year be the year that I finally succeed. Help me to release this false sense of control I think I have over this issue. I give You my burden of food addictions and weight issues. I lay it ALL down and ask that You would keep me from picking these burdens up again. I give You the control. In Your name I ask all these things, Lord Jesus. Amen.*



## JANUARY 2

### *Turnover Leftovers*

Weight loss resolutions continue to be the number one New Year's resolution year after year. At one time or another nearly everyone has experienced an unwelcome tightness of their clothes. It's so much easier to blame the snug feeling on dryer shrinkage rather than our own bad habits. The reality of resolutions is that by Valentine's Day, most people have already abandoned their weight loss efforts and reverted back to their old (bad) habits.

It's two days into the New Year and if your house is like mine, there may be an abundance of Christmas leftovers and goodies still hanging around. The temptation to overindulge and gobble down sugar cookies and fudge is overwhelming. My generation grew up as members of the "clean your plate club" being made to feel guilty about starving orphans in China. Throwing away perfectly good food is not in our nature. If you're serious about losing those unwanted pounds this year, not only will you need to change your eating habits, but your thoughts **MUST** change as well. Tear up your membership card to the "Clean Plate Club" and either throw away all tempting snack foods or give them away to someone else. Starving college students or the break room at work are great for unloading those snacks and goodies.

The urge to polish off the leftovers will be tough to resist. **STOP** before you give in to that instant gratification and ask God for strength to resist the temptation. *You have not, because you ask not!*

**Don't dig your grave with your own knife and fork. ~ English Proverb**

*Those who know your name trust in you, for you, O Lord, have never abandoned anyone who searches for you. Psalm 9:10 (NLT)*

• • • • •  
**PRAYER FOR TODAY:** *Father God, I ask Your help in reshaping my thinking and age-old habits. I know I can't expect to change everything about my thinking overnight and real change will only come when I learn to rely on You one day at a time. Help me today, Lord! In Your name I ask all these things, Lord Jesus. Amen.*  
• • • • •

## JANUARY 3

### *Last Supper Failures*

The last day of a long holiday season is what is commonly referred to as the “Last Supper” before hunkering down and getting really serious about this diet resolution business. Most diets start in earnest on the first Monday of January after the holiday season has officially passed. In the past it’s become a race to see how much food one can consume before the “real diet” starts on that first January Monday.

“Last supper” thinking can conceivably add an extra two to five pounds of unwanted weight. The notion that diets can only begin on a Monday is simply another ploy of the enemy to keep us from achieving lasting weight loss success. If you want to change – changing your thinking must begin immediately. Attitude and lifestyle changes will not happen automatically as if by osmosis. A conscious effort must be made to change old eating habits and thought patterns. There should be no “last supper” bingeing. Eating healthier doesn’t have to mean giving up everything we love. You don’t have to say good-bye to fudge and cookies forever. But lifestyle changes will mean you simply cannot eat fudge and cookies *every day* of your life if you want to maintain a healthy weight and lifestyle.

Proper meal planning, portion control and moderate exercise need to become part of your everyday life. You can allow yourself occasional treats but they need to be planned treats. When the voice of the enemy tries to convince you that you can indulge today because tomorrow you will really begin in earnest ... don’t listen to him! Satan is a liar and he’s a pro at convincing people to make bad decisions. Remember – greater is He that is in you than he that is in the world!

**If you fail to plan, you plan to fail! ~ Benjamin Franklin**

*No weapon formed against you will prosper. Isaiah 54:17 (NIV)*

• • • • •  
**PRAYER FOR TODAY:** *Father God, I ask that You would help me not give in to the urge to finish all the holiday goodies in my house before I begin my lifestyle changes in earnest. Real change must start today and not after a long weekend binge. Begin today to change my thinking. In Your name I ask all these things, Lord Jesus. Amen.*  
• • • • •

## JANUARY 4

### *Put Up or Shut Up*

Four days into the New Year and we're quickly exhausting all legitimate excuses for beginning our new lifestyle changes. It's time to put up or shut up. If you've made the decision to get on track to a healthier, lighter you – it starts now ... one day at a time. Looking ahead a few weeks or a few months, the journey before you can seem daunting. Perhaps you're overwhelmed and thinking, "What's the point? It'll take *forever* to lose this weight."

Realistically, did any of us simply wake up one morning to discover we'd gained 40 pounds overnight? No, of course not! Clearly, change will not happen overnight and the weight will not "magically" disappear overnight or in a couple of weeks – perhaps not even over a couple of months. If you've got a significant amount of weight to lose it can only happen one pound at a time. Ask for strength DAILY to keep your focus on getting healthy and not a particular number on the scale. Do not fixate on "the perfect weight!" There is no perfect weight, but there can be a healthy, realistic weight that is age or gender appropriate.

Don't worry about tomorrow or next month or where you hope to be weight-wise by a certain date. Focus only on today. The enemy will use all sorts of tricks to distract you and boredom ranks high on his attack list. Arm yourself from his attacks by knowing how to fight back with the Word of God – use those Scriptures as weapons! God is on your side and His word works. Set realistic, attainable guidelines for balanced eating and realistic goals for your weight loss. If you need to lose 100 pounds don't focus on the number as a whole rather look ahead to five or ten pounds at a time. As always, don't forget to include God in whatever plan or activity you choose. He loves to be included in every aspect of your life because He loves you and wants you to succeed!

**I will not worry what I weigh but keep my focus, trust God and pray!**

*"So don't worry about tomorrow, for tomorrow will bring its own worries. Today's trouble is enough for today."* Matthew 6:34 (NLT)

• • • • •  
**PRAYER FOR TODAY:** *Father God, I feel overwhelmed with the amount of weight I need to lose. Please help me to focus on one day at a time and enjoy the journey of each new day rather than fixating on all the pounds I need to drop. Help me to love myself TODAY at this weight, just as I am. In Your name I ask all these things, Lord Jesus. Amen.*  
• • • • •

## JANUARY 5

### *Combat Ready*

Research studies and plain old common sense tell us that if we take in more calories than we burn, we will gain weight. That's pretty much a given. When we're in the early stages of a lifestyle change sometimes it's necessary to treat the situation as if we're going to war. (Which really, isn't that what we're doing when we decide to get healthy and fit?) A soldier would never show up to a battle without being properly outfitted for the challenge. Likewise, if we're to experience any kind of weight loss success we need to have the proper weapons to endure the long fight ahead of us. We've already talked about using the Scriptures to combat the attacks of the enemy and of course, constant, daily prayer is a must. In addition, there are simple steps we can take to ensure success that doesn't have to include expensive weight loss programs or gym memberships.

One of the most effective strategies for losing weight includes finding an accountability partner. Enlist the help of a friend, family member, spouse, or weight loss group (if you can afford it) and ask for their help along this journey. Your accountability partner is someone you should call, text or email in those weak moments for encouragement, prayer and/or support. Secondly, when you're first starting out, write down everything that goes in your mouth. It's so easy to overlook those little BLTs (bites, licks and tastes). Don't overlook your BLTs at Costco on sample day! You can't be accountable for the calories that go in your mouth if you don't have an honest appraisal of exactly what they are. You may be surprised by how many (or how few) calories you actually consume over the course of a day. This is the only body we have and we only get one chance in this lifetime. Life rarely affords us "do-overs." Take care of your "temple" starting today before it's too late!

**When in doubt, write it out. When doubt takes seed, it's a friend I need!**

*For we must all stand before Christ to be judged. We will each receive whatever we deserve for the good or evil we have done in our bodies. 2 Corinthians 6:10 (NLT)*

• • • • •  
**PRAYER FOR TODAY:** *Father God, help me to "suit up" with the necessary weapons to fight this ongoing weight-loss battle. I pray that You will help me to align myself with a trusted friend who I can be accountable to, as well as be a friend to them. I know my chances for failure are greater if I fight this battle alone. In Your name I ask all these things, Lord Jesus. Amen.*  
• • • • •



The battle of the sexes has never been more clearly defined than when it comes to dieting; the way men and women lose weight and the way the sexes view the scale. Women will practically strip down to their birthday suits and still stress over the weight of their wedding rings or even their dentures before they brave the scale.

Men can step on the scale wearing a jacket and boots carrying \$4.00 worth of change in their pockets and never break a sweat as to what the number on the scale will read! *It's just not fair!*

Why do women freak out over the numbers on the scale? Why does this simple act of weighing ourselves twist our reasoning and logic? Why do we let a number define us or validate us? If we are still hung up on what the numbers on the scale are telling us we've got to find a way to move past that. LIFE IS ABOUT MORE THAN WHAT WE WEIGH!

*Diet Nuggets and Wisdom Appetizers* is NOT another diet book, but an inspirational beacon of hope written by a regular woman who has *been there*. These little *bites of wisdom and nuggets of encouragement* have been gleaned from the lifelong struggles of a food addict and exercise junkie whose journey to lose weight and get healthy made her half-crazy chasing those *last 20 pounds*.

This book is not a cure-all but a companion guide for anyone needing daily enlightenment while travelling the difficult road of weight loss on the way to a healthier lifestyle.

If you've ever needed daily inspiration along your weight loss journey, *Diet Nuggets and Wisdom Appetizers* is a roadmap to guide you on a course to a more positive self-image and a closer walk with God. Each daily devotion offers humor, uplifting quotes, Scriptural references and insight to put you on the path to self-acceptance so you can become the person God intended you to be.

*We are more than what we weigh!*

*Diet Nuggets and Wisdom Appetizers* is the third book for author **Kathleen Kurlin** who is the author of two inspirational fiction novels, ***Her Father's Eyes*** and ***The Name***. She makes her home in the desert southwest with her family.



VISIT KATHLEEN KURLIN  
ON THE WEB AT:  
[WWW.KATHLEENKURLIN.COM](http://WWW.KATHLEENKURLIN.COM)

