

At two hundred forty pounds, I was overweight and living a life that did not “feel” like me. Luckily, I found yoga to help my poor, out of shape muscles move in a gentle way. Then, to my surprise, I started to think more clearly about the body that surrounded my mind and heart. I became more connected to my outside self, then added a second yoga class. The more I connected with myself physically, the more I knew that my body didn’t match my picture of myself. As my muscles developed and toned, my image of me began changing, my emotions started aligning with the thin, healthy person I am, and the weight started dropping. Ninety five pounds lighter and taking yoga two to four times a week, I wrote this book to remind myself of my healthy body and to remind us all that our bodies need connection to our emotions.

101 Feelings Worth Losing Weight For

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illustrated by Pam Jacobs

When I turn to the first page, "I have a waist," I look down and smile at the waist that was at one time unrecognizable. A feeling of confidence and empowerment washes through my body, from the top of my chest to the tips of my toes. "I wear pants with a real zipper," spreads a feeling of liberation from all those big, ugly clothes that I owned because it was all I could find that fit. "I look in the mirror and see 'me' looking back," makes me wiggle in my seat, which often turns to a spontaneous happy dance that could be described as sheer bliss. This small, readable book is here to remind you of what it feels like to be thin, healthy and in a body that you like the look and feel of. These feelings kept me focused and determined when I was on my journey to lose ninety-five pounds and as I continue my journey as a thin person. Open the book to any page and allow the feelings to wash through you. Your feelings will keep you focused and your weight loss journey will be filled with hope and laughter, confidence and comfort.