

When Life Gives You Lemons

When life gives you lemons, add vodka and throw a party. Why? Because if you don't, the lemons are going to go bad anyway, so you might as well use them to your advantage.

Sometimes the lemons come from without: tragedy, betrayal, sickness, loss. At other times, the lemons grow from within. Take obesity, for example. Unhealthy lifestyles, unhealthy foods choices, binge eating, and addiction to sugar will pack on those pounds.

So, you've given yourself lemons. Why not squeeze them? Losing weight isn't easy. It takes gumption to deny your appetite. It takes dedication to keep on denying it. It takes perseverance to reach your weight loss goals.

Then one day you stand on the scale and notice that a pound or two has disappeared. Then you stand on the scale again and you've lost a stone. Your clothes fit loosely. Then they don't fit at all. Suddenly, your outlook changes because you've changed on the inside just as much as on the outside. You set a goal and accomplished it. You made lemonade.

Isn't that what life's all about? Making life count even when the chips are down and the odds are stacked against you. Sooner or later, they will be. Obesity, tragedy, betrayal, sickness, loss: these things come knocking. How you answer the door makes all the difference. Lose the weight; move past the tragedy; forgive the betrayer; fight or embrace sickness with grace; and let go of what you can't hold onto.