
Necessary Darkness

EPISODE 4

- Making any change in our lives, requires the crossing of the river of misery. Weight loss is no exception. Our toddler brain wants us to think that the misery of the crossing, is not worth it. That we should just stay where we are, where it is safe and comfortable. But is where you currently sit, really comfortable?
- What does your river of misery look like?
- What are the obstacles floating by for you?
- What is your necessary darkness?
- What is waiting for you on the other side?