

# Shape Up or Break Up:

## Men's Fear: That the Woman He Marries Will Get Fat Later On!

What Do YOU Think About That?

Responses from Women and Men

Compiled by Mimi Tanner

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**Calling Men**

*The Complete Guide to Calling, Emailing, and Text Messaging  
the Men You Date!*

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## **“His Biggest Fear - Being Hubby to a Chubby”**

### **Part One: Before He Commits, He Wants To Be Sure She Will Be Slim**

Dear Beautiful,

I received this email today, which is unlike any I have ever received before - and my answer is not one I would have ever expected to give either:

She titled her email: **“I have to lose weight before he will marry me?”**

Dear Mimi,

Thank you for your emails. I find them very helpful and look forward to them everyday. I am in a relationship and have been very happy. We have dated exclusively for 8 months and we are beginning to talk about full commitment (marriage). Both of us have been married before and I think we are both very cautious and a little guarded.

My boyfriend told me the other day that the only thing that keeps him from committing 110% to me is the fact that I do not do anything to try to lose weight. When we met 8 months ago I weighed 20 lbs less than I do now and I am overweight and I am uncomfortable. He knows this. I went from a size 10 to a size 14/16. I have battled my weight for years and I usually control it through diet and exercise.

I have not been motivated to exercise and I have gained weight. He tells me that he loves me and that my weight does not bother him now but he is worried that if I am not able to control it that when we get married, I will let it get out of control and he will not be physically attracted to me anymore.

He admits that he feels badly that he feels this way and he sees himself as being superficial but he can not help it. I really love this man and I do want to lose the weight, but I have told him that I have always battled my weight and I can not make any promises that once I lose it that it will not come back or that I will not get heavy again. He claims that his problem is my lack of motivation to do something about it. It is not my current appearance.

I see his point and can appreciate his honesty, but at the same time, is this a red flag that he is so superficial that when I get older, less attractive that I will get traded in for a new model? It this a indication of trouble ahead, for some reason my instincts are telling me that this means trouble and I am justifying what he is saying because I badly want things to workout with him?

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What is your opinion? Everything else seems to be healthy in the relationship.

K.

Dear K.,

Thanks for this email. I think there is a lot going on in this situation here. My initial thoughts are - and this is an opinion based on only your email - that perhaps neither one of you is 100% sure about each other.

If he is complaining about your current weight, then I suspect he is already losing attraction - and if that's the case, then he may not be in love with you as much as you deserve. When a man is really in love, he still thinks you're alluring even with an extra 20 pounds.

But deeper here: if you have gained weight while you are in the midst of this relationship with him, that tells me that maybe you are not really truly attracted to him either. Maybe this is your body's way of telling you that he is not the one for you.

Oftentimes when people are really head over heels in love, they are not thinking about food very much!

Those are my initial thoughts, and I know we'll get some comments on this as well. I'll share the best ones here.

With love,  
Mimi Tanner  
Secrets of Flirting With Men  
[www.Secrets-of-Flirting.com](http://www.Secrets-of-Flirting.com)

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Mimi's exclusive offering of this unique audio:  
From Kent Sayre...  
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Now here are some of the initial comments I received on this hot topic!

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Hi Mimi,

The subject of weight is soooo interesting. You would think that a woman's value as a woman is something you measure on the bathroom scale.

I think you are right on the money about him losing attraction and not really being ready to love this woman. I just have one little insight to add.

My ex was the kind of guy who could eat anything under the sun and never gain an ounce. I have been battling a weight problem ever since I was a kid and it is not getting easier to lose that extra 20 lbs now that I am in my 40's.

This was almost 10 years ago. He loved to go out to dinner, was not into fitness very much, loved his snacks on movie night, pizza takeout etc. I of course gained weight being with him that has still not completely come off. He complained about my weight and eventually cheated on me with a previous ex-wife.

I am not blaming him for my weight gain. Of course he did not hold a gun to my head and make me eat with him, but it was one of the things we did together. Our lifestyle together was not exactly contributing to the discipline one needs to lose a significant amount of weight. He did not like the healthier meals I tried to make for him--in fact he did not like my cooking at all.

I realize that it is my body and I have no one to blame for blimping out but myself, but my question is how supportive is this lady's man in choosing a healthier lifestyle? He doesn't want to be with someone who may gain weight, but if that problem already exists for her, then he has to help. Is he making it easier or harder? Is the reason she is not motivated because food is a shared activity they have together?

Oh and by the way, any one of us can change over time. He will expect to be forgiven if he gains weight (or loses his hair or whatever).

Much love,  
K.

\* \* \* \* \*

Dear Mimi,

I have to admit that, while I never thought about it before, it makes sense that, when you're happy in a relationship, you naturally lose weight. I haven't dated much, and last year me and my ex-boyfriend started pre-dating (all the stuff that comes before we actually say we're in a relationship.) I thought it was that I was away from home for part of the summer, but I think it was that I was excited about things with him because my appetite really decreased and I lost about ten pounds over a month or two.

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When I came back and we started dating, things went downhill and I gained some weight. Now that I'm not dating anybody I think I've definitely been eating more. I think that learning to feel happy with whatever situation I'm in is some of the best dieting advice I've ever gotten, so thanks!

S. in New York

\* \* \* \* \*

Dear Mimi,

I so agree with the man. I just started dating a man much older than me (14 years). I love spending time with him in every way possible. We mentally connect and are physically attracted to each other. But he doesn't work out. That shows on his belly (the rest of him is pretty developed). I've asked him to start going to the gym but he ignores this.

I am not superficial at all but mentally registering that belly and the fact that he won't take care of himself turns me off every time we touch. Is there a feminine flirtatious way of asking him this and making him want to do this?

Love the emails.  
Keep it up.

S.

\* \* \* \* \*

My response to this, even if she lost the weight, she will still get old, and aged...saggy boobs, wrinkly skin, and all the other problems with age. What will happen to his feelings for her then?

Seems to be that he is really after looks, I know men are visually stimulated, but there must be something deeper than that to keep them going, otherwise they'll all leave us for younger women by the time we're 50!!!!

L.

\* \* \* \* \*

Hi Mimi! In response to your 'being hubby to a chubby' e-mail.

I can understand perfectly his opinion on things. It could go two ways for her. If she

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became motivated to get the weight off, and not use the 'I might gain it back' excuse \*not\* to be motivated, and he was still iffy on her because of her weight, then it's clear he's \*too\* superficial. Because of his being honest, I think she should give him the benefit of the doubt.

I'm overweight, myself (I'm working on it though - I've lost 14 pounds already :) ). It doesn't just take being 'in love' to stop thinking about food all together, if you have an issue with food many overweight people do. If that IS the case, then I better start falling in love, fast!

K.

\* \* \* \* \*

### **Male Viewpoint:**

OK, I have to chime in on this one, ladies. Superficial, bah!!! Let's get something straight, and I am not going to sugarcoat this. If you need that, then you are certainly not ready for a relationship anyway.

This is not just my male perspective because I expect women to have the same. Extra weight that puts anyone overweight is not healthy, number one, and it is not attractive! You are not physically the person that was attractive to the other's eyes!! You are not... I will say it again ...You are not!!!

Unless there is something medical going on, well just go get the treatment and I hope you get better. On the other hand, you just are not burning the calories that you are putting EXTRA into your body!!!

Stop that and get back to your former self that was the person that attracted!!! If you are not putting that effort forth, it is just your way of saying that you do not care enough about yourself and all around that you want to love you!!! Stop trying to rationalize and make lame excuses!! You once were less and you have simply chosen to not be strong enough to make the better choice. If you can't do so on your own, for God's sakes, get help!!!

Keith

\* \* \* \* \*

I don't particularly agree, in that I don't think the problem lies with the level of attraction; rather, I think the guy has issue with something that's far more complex. It sounds to me as though the weight is not the real issue, it just happens to be where the problem is currently erupting. Her boyfriend sounds as if he is either afraid of something to do with their relationship or her, or else he is attempting to control her. I would be

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willing to bet that if she did lose the weight, went down from the 14/16, beyond the 10, and even down to a 6, and kept it off for the next 2 years, religiously exercising and eating healthy, that he'd find something else that was "making" him have doubts. Something she was doing or not doing.

As for her allowing herself to put on weight, I've had that experience too - but here is what I attributed it to: I was used to being single and eating on my own. I had different eating habits, and I just fell into eating more the way he does. Which meant more fast food and convenience food, late night eating, "guy" food. Of course, with him having his male metabolism, that was fine. I discovered though that it sure wasn't fine for me. I couldn't eat the things he ate and not gain weight. This happened with both of the long-term relationships I had (one was 13 years, one was 2 years)

However, both men absolutely loved me, never even noticed my weight gain, thought I was beautiful and cherished me. They loved ME, not the fact that my thighs were 2 inches bigger or smaller.

G.

\* \* \* \* \*

Dear Mimi,

I have just read the email from the girl who is has weight issues and her boyfriend's lack of commitment. You were right I can't believe your response. I think she should kick him to curb. 8 months together and he tells her this???

I have been married for 6 years (second marriage-first one died) and have 2 kids. No I'm not the size 5/6 I was when I was in my 20's. But you know neither is my husband the same size he was when he was younger. So if what you are saying is true then there are several married people and or couples that are over weight that are not attracted to their spouses and the reason being is its their body telling them this. Sorry I don't buy this. It sounds more like an excuse to gain weight and not do anything about it. I have always heard that people tend to put on weight when they are in a good relationship and are comfortable. Comfortable can be a bad thing, you should always want to look your best.

This is just my out take on it.

K.

\* \* \* \* \*

Hi,

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I love your e-mails! Always so interesting! Well, a man's biggest fear might be being a "hubby to a chubby," but it's a woman's biggest fear of being a "wife to a Barney Fife!" No woman wants to be with a skinny (or just plain weak) man. So, if that man wants you to lose some weight, tell him to gain some muscle!!! Even more so if he's a little overweight himself - he has no right to say anything at all about YOUR weight.

Again, tell him to "hustle and get some muscle." But while he's doing that, you need to drop that dime and get yourself a quarter. Translation? Get a better man who loves you for YOU.

C.

\* \* \* \* \*

Dear Mimi,

Wow...that's all I can say right now. I am a large woman (size 24). I exercise regularly and watch my diet (I have no choice, being diabetic). I felt badly about my size for years...that is until I met my last partner. She knew me inside and out for 13 years before we entered in a relationship and knew that I had always struggled with my weight and what I was doing to get it under control. She was a physically fit, height/weight proportionate woman and we ate our meals together and worked out at the gym together.

She could see that I was doing the same things she was to stay healthy, but yet I remained overweight (or what medical society calls "obese"). It took her some time, but she was able to make me see that I was beautiful and that as long as I was making an effort to be healthy, that's all she cared about. My size didn't bother her; my health was her main concern.

While we are no longer together, we remain closest of friends, and because of her I still look in the mirror and see a beautiful woman. I have a confidence I had never known prior to her. When I meet people who can't see beyond my weight, I know these are people I don't have time for in my life. They do not know my daily struggles nor do they realize that I probably eat healthier and exercise more than they do and do way more in my daily life to stay healthy, I just am not built the same way they are.

The first thing K needs to do is get rid of that man. While I commend him for his honesty, he is not prepared for the vows "for better or worse, in sickness and in health until death do you part". Thank him for his honesty and tell him that it's wisest for you to cut your losses and save both of yourselves the heartache that will undoubtedly come out of this relationship. Twenty pounds in 8 months is a lot of unhappiness to gain in a very short period of time.

You were right to tell her that her body was telling her something about her relationship. K needs to find someone like I found in my partner. Someone who will make her feel beautiful every day in every way. Life is too short to spend it feeling bad about your

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external appearance. Not everyone can be a size 6 or 8. Concentrate on being healthy. Work with your doctor and NEVER measure yourself worth by your dress size.

Finally, find someone who loves you for who you are and makes you feel sexy and desirable every moment of your life. They are out there. Not everyone is shallow and appearance driven. My partner found me sexy when I was painting the garage with my hair up in a pony tail, sweating, and with paint all over myself. K deserves the same thing and shouldn't settle for less, and that's what she'd be doing by staying with this guy.

Thanks for letting me vent,  
M.

\* \* \* \* \*

Mimi,

Your response to this emailer leaves me wondering if you know anything about relationships. You said that when two people are in love, they do not think about food so much?

How many perfectly in love couples are so in love that they feel secure in each other to gain some weight.

People in love are comfortable enough to eat that bowl of spaghetti and not worry about being judged. You are speaking of the feeling one gets in a NEW relationship - where one might forget to eat a meal.

What about the many wonderfully in-love couples who have been married for many years?

Should their love be questioned because they no longer care if their midrif is lumpy?

You sound very immature and inexperienced in the way you have replied to this email.

C.

\* \* \* \* \*

Oh Mimi...you hit the nail on the head with this one. Emotional eating is a treacherous thing. Maybe K subconsciously thinks she's not worthy of this relationship and is eating to sabotage it. Maybe on some level, she knew a weight gain would chase him away. Sometimes it is easier to play victim than to admit our own deficiencies!!!

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I've been in a relationship for a year and due to asthma medications, I've gained 10 lbs...very noticeable on my 5'2" frame. The man in my life didn't even notice it. When I mentioned that my shorts were too tight, he said "Did you really gain weight, you look the same to me. Maybe the shorts just shrank in the dryer."

Neither one of us has the need or desire to be married, but we have mutual respect and unconditional acceptance for one another and plan to keep it that way. K should seek those attributes in a relationship before marriage is ever considered.

B., Certified Hypnotherapist

\* \* \* \* \*

Hi there,

I know my husband and I would be attracted to each other fat or not. We are committed to who we ARE, not what we LOOK like. I think if a guy's worried he'll not be attracted, he's already imagined it, and if a woman's not motivated to stay relatively slim for her man, she's not that attracted to him either.

Best,  
K.

● \* \* \* \* \*  
●

Dear Mimi... has "K" heard Beyonce's song "To the Left"? She needs to kick him to the curb now before she's in way too deep. How dare he! My man loves all of me and I'm a size 28 and we're talking about marriage by the year's end... "K" can surely meet a man that loves her curves... a 14/16 is not big at all, just right if you ask me.

M.

\* \* \* \* \*

This was a very good point on a man's love. In my opinion, if this man is really in love with her, looks won't matter to him. Since he liked her, he started dating her. If he has problems with her weight, she's wasting her time with him. She needs to find some that will love her from the inside out. Mimi, you're great, I love the emails! Great answer. I can't wait to get the next one!

Thank You,  
M.

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\* \* \* \* \*

Hi Mimi,

I have not written directly to you before but felt compelled to write about this one.

NO! Of course her man is not being superficial. If she went from a size 10 to a size 14 then he should be concerned. If it was the other way around how would she feel?

Don't we all deserve a mate who cares about not only their appearance -- but their health?! If I gain 10 pounds, my boyfriend better care enough about me to point it out and brainstorm ways to help me get it back off.

I freakin LOVE myself and would never want to look and feel unhealthy - physically or spiritually. She isn't happy being her right now...why would her boyfriend be fully accepting about the weight gain and be happy with her over the weight gain?

The best thing he could do for her (if he loves her as much as he says she does) would be a partner workout a few times per week. My boyfriend and I work out at the same gym and often jog together in Santa Monica. It is fun, makes us closer and keeps us both healthy, keeps up our serotonin levels, and thus helps our emotional and physical happiness in our relationships. Just driving together to the gym is helpful because I tend to get lazy and he is more motivated so it helps me a bunch.

I would leave a man who went up four sizes after we started dating. I think it is about having a healthy, vibrant and happy mate more than superficiality. (Is that a word?)

I am a former college athlete and that strong beginning I had with physical exercise has stayed with me ever since. Women!!!! Get your girls into sports and they will develop lifelong habits of physical fitness.

I hope our girl who gained the weight can get started by walking. I dropped 15 pounds (didn't have a man in my life at the time) after a year of depression and prozac by walking (remember I get lazy sometimes so walking was just my speed) and started the "eat right 4 your blood type" plan.

I read the book, kept eating chocolate cake, but I learned more about how my body worked, dropped 10 pounds that had crept on by eliminating a few things that were slowing my metabolism and picked up some tips that have helped me maintain a healthy weight 9 years later. I wish her the best of luck and happiness in this...or any future relationship.

Sincerely,  
S.

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\* \* \* \* \*

On this subject...

When a woman is single, she is constantly seeking to attract a partner. A single woman will put more effort into dressing up to go out; she may go to the gym more often; she will try to make herself more attractive to prospective partners around her. A woman in a committed relationship is comfortable, at ease, and can wear sweatpants to the grocery store because she's not trying to impress anyone- she already has a wonderful husband/boyfriend! And he'll love her just as much in sweatpants as in a cute skirt.

Maybe K. has fallen into this comfortable routine. There's really nothing wrong with that (as long as it doesn't get out of control), but there is something wrong with the approach her partner is taking. If he wants her to incorporate exercise into her life, he shouldn't go about it by telling her that he's probably not going to find her attractive in the future if she gains more weight. That is a terrible thing to say to a woman, especially a woman who's already self-conscious about her weight (and that would be every woman...).

Instead, she and her partner could begin exercising together- taking walks together at night, eating healthier, going on more active dates like ice skating/bicycling/roller skating etc. These things would help her to manage her weight and stay healthy, as well as bring them closer together as a couple.

E.

\* \* \* \* \*

Hi!

My advice to this girl would be to leave him now, or he will leave you later, once you will have kids and gain 20 extra pounds because of pregnancy, you will suffer.

He is immature, and is not very smart either because he has let himself be brainwashed by the media, that only slim people are attractive and that beauty consists only of being slim.

Beauty is in the inside and not the outside. He dislikes overweight people, it is very obvious and if you know that your metabolism is slow in burning calories, as you get older it will become slower and more difficult to lose weight. When you have to take care of the family, you will end up not having enough time for yourself, like you do now. He does not love you for who you are and what you are, my guess is he is with you because of the sex you give him now, but as soon as he get tired he will change for someone slimmer, **CHANGE HIM NOW, TEST HIM.**

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Do not suffer dieting and exercising for someone else, do what makes you happy, if you like to eat, then eat, enjoy life because the stress, and the worry of trying to lose weight you will rise your cortisol level increasing the weight problem and you always be frustrated.

BE HAPPY FIND SOMEONE WHO ENJOYS FOOD TOO, AND WHO DOES NOT CARE IF YOU GET WRINKLES, OR A BIG BELLY, YOU WILL WITH YOUR PREGNANCIES ANYWAY. I would never go out with someone who is bothered by my weight. I value myself too much to waste my time with immaturity and narrow-minded people.

Sincerely,  
E.

\* \* \* \* \*

Hi Mimi!!!

Let me just say that I love your e-mails and I look forward to them. I also share them with the other Doctors.

This is for K from His “biggest” fear.

Girl, love yourself. You can't love anyone unless you truly learn to love yourself. If he can't see the beauty in you just as you are, then don't expect beauty in your marriage. Love means loving the whole person, not just what's on the outside and if he can't get past that, then you my sweet girl need to get past him. That's like saying I love you the way you are now, come let me change you.

I will tell you that when you love someone, you tend to put more time into yourself (I put on makeup to go home to my husband), so I think that (and I say this only because you used to do it before) if you were truly into this guy, your love is the only encouragement you need to work out and curb your weight into what you want it to be.

Keep the faith, honey K.

Lata Mimi!

T.

\* \* \* \* \*

Dear Mimi,

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I just read the email sent to you by Miss K and my first thought was about the title, "I Have to Lose Weight."

I don't believe a person should "have" to do anything in order to keep her love interest. One should "have" to if a medical doctor says one has to.

I think this gentleman sounds somewhat sincere, even though I don't agree with him.

If a person wants to make any changes to his or her body, whether it be weight loss, weight gain or even plastic surgery, it should be done for yourself and not to please or hold onto someone.

If your instincts are telling you something then listen carefully, those instincts are probably correct.

Whatever decision Miss K decides on, I wish her luck, love & happiness.

B.

\* \* \* \* \*

Dear Mimi,

This e-mail so touched my heart that I just had to write you with my experience. I, too, am in my second marriage with a wonderful, albeit not perfect, man. On our first date I weighed 125 lbs. But before the year was up, the change of life began and I put on 10 pounds seemingly overnight. The fact that my boyfriend loved to eat and was 40 pounds overweight didn't help any. He loved to take me to nice restaurants and introduce me to decadent desserts I had never experienced before. He spoiled to me ... he loved to see my excitement at trying something new and delicious! And I, on the other hand, wanted to please him, too. He loves home cooked meals so I would out-do myself cooking for him. I lived for the compliment that what I made was even better than his mother's! (He loved his mother's cooking and thought she was the best until I came along!).

Anyway, you see where this is going. We both gained weight. Another year and another 10 pounds later we got married. This past January for our New Year's Resolution we both decided to loose weight for our health's sake. Five months later, he lost 30 pounds and I gained yet another 5 pounds. We discussed the situation and this is what he said:

He said that he will love me no matter what. No matter how much weight I gain, he will always love me. However, as a man, a normal, visual man, if I gained too much weight, he would no longer be physically attracted to me. Physical attraction and love are not the

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same things to him. Love will last forever, regardless of the circumstances. Physical attraction, however, is based on how I look to him. While he said he would always be faithful to me, our sex life would suffer if he was no longer attracted to me.

The bottom line is this: I think the way K.'s fiancé is feeling is perfectly normal. And I applaud him for being so honest with her. I think they truly DO love each other. He is just afraid of his reaction if she gains much more weight. I get the impression that he is still attracted to her now, but he is afraid of what will happen to their relationship if she gains a lot more.

Personally, I think K. needs to find a friend or an organization to help her loose weight. Not just to please the man in her life, **BUT TO PLEASE HERSELF!** The situation is obviously bothering her. No double chunk, triple fudge brownie is worth her peace of mind! I understand the lure of comfort food. Truly I do! But I have come to realize that being happy and confident with who I am and how I view myself has a much more lasting effect than any food can. Think about it ... how long does the pleasure of a cookie last? Thirty seconds? Sixty seconds at the most if you really savor each bite? How long does the pleasure of getting dressed in the morning and loving the reflection of yourself in the mirror last? Twenty-four hours!!!

I have chosen to forgo the immediate and temporary satisfaction of indulging in more comfort food than my body can burn in a day. And I AM loosing weight. Slowly. But with every pound the scales say I'm down, the pride and satisfaction I feel in myself goes up! And that's something that no food can give me!

So my advice to K. is this: You are a beautiful person ... obviously your man knows you are, too, or else he wouldn't be with you. So, be good to yourself! Treat yourself to a good mood altering exercise session! Indulge in some well deserved good self-esteem! Read a good book on healthy living (Dr. Phil's is a good one) and get motivated to make your life the best it can be. Not only for HIM, but mostly, **FOR YOU!!!**

Join an on-line dieting group. Get involved in Yoga or Pilates. They both help with calming and centering your mind and getting you into the mindset to achieve your goals. Indulge in a good massage. Do things to pamper yourself that food cannot do! And bask in the love and adoration of the man you love ... he will not only be attracted to your body, but more importantly, he will be attracted to your spirit for putting food in it's place and taking charge of your life! But don't do it for him. **DO IT FOR YO U!!!**

Sincerely,  
D.

\* \* \* \* \*

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Dear Mimi:

Regarding your response to K, I agree with you totally 100% YES, YES YES! I am in the process of letting go of a nearly two year “relationship” because I see just that same unhappy weight gain. I realize that I don’t really love this man like I used to mainly because he does and says things that hurt my feelings. He is verbally abusive and will temper this with comments like, “You are so beautiful” and other flatteries. Maybe K is experiencing this also.

When he did this at the beginning of our relationship, I just brushed off his hurtful comments even though I knew he was being deliberately sarcastic and caustic. I just didn’t want let him go because I am older and thought he would see that I was not worthy of his “meanness”. Just recently, he and I were in a discussion and something he said triggered a light on over my head. It dawned on me that he hated women.

When I then accused him of being a misogynist, he agreed that he was and told me that “I said I was a woman hater in the beginning of our relationship”. I don’t remember THAT! I must really have been infatuated with him not to hear him tell me that. When I then asked him why did he hate women, he was silent. I pressed the issue and he clammed up. So I gathered that it must have been a conglomeration of women in his past.

He then changed the subject and I let him. But I was thinking, “Well, I am not those women, I am not worthy of your hatred and it is time for me to move on!” What I do remember about those first days with him is telling him about my abusive ex-husband. He assured me that he would never physically harm me in any way. **But I never thought to ask him about verbal abuse.**

In the last few months I have really been reading your emails and realized that I really do need someone to appreciate me for who I am. I am a sweet and loving woman and I want to be with a man that will appreciate me for that. I am 53 years old but I look much younger. I never dated in high school and got married before I finished college.

Due to my ex-husband’s physically abusive ways, I divorced him soon after I had my second child, and have really been without a man ever since. However, I kept my modelesque figure and my looks up because I thought I would eventually attract and marry the right man. And I prayed that God would send me the right man. So, when I met this man through a friend, I really did think that he was the one.

Well, I now realize that he is not, and after these nearly two hellish years, I am so happy to move on. I am relocating to a western state to find a job and when I told him that I was going, he began a long sob story about how I was so beautiful would meet and marry someone else while I was there. I thought “You’ve got that right”, but I said nothing, I kept it light and got off the phone. So glad to be free of the abuse!

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Mimi, when I met him, I was so active. I was an avid horseback rider, I exercised regularly, I ate only the right foods. In the two years I have known him, I gave up all these things and adopted a sedentary lifestyle. I am now back in my right mind and letting him and all the bad habits go that I have developed due this bad relationship.

Thank you for your emails. I am sure they help more of us than you will ever know. You have my permission to use any or all parts of this letter if you like. Maybe it will help someone else break the sinister cycle of abuse.

Thanks again!

Sincerely,  
N.

\* \* \* \* \*

Dear Mimi,

I hesitate to say this but weight shouldn't matter. Maybe K has a thyroid problem and it hasn't been detected as yet.

My husband met me as a young woman and I weighed 165 lbs, a very normal weight but nonetheless at that time I was considered a size 16. So, I've never been small. At 18, they found a thyroid problem and I have been medicated all my life. I have weighed between that 165 and 305 all my life, going up and down and learning to deal with the life of a thyroid patient and the adjustments to meds constantly.

So, if he doesn't love her now what would happen at size 24/26 or size 16 again as I am now. K will manage it how she can when the time is right but she should because it's about her body and her health and her love of her life, not for anyone else.

Be proud of the good person that you are and let him know you will not have conditions placed on love because I'm not sure that is love, that's control, isn't it?

Good luck to K and to all who constantly battle weight, exercise and the "food beast."

Thanks,  
M.

\* \* \* \* \*

Dear Mimi,

## Shape Up or Break Up?

Some people don't think about food when they are in love, but some people also eat out more when they are dating someone they enjoy and love. I actually love eating out and having someone to eat out with regularly when I am in a relationship. This, however, can pack on pounds fast. If they are eating out a lot, she should suggest that they eat in more, and cook healthy meals together. Be sure to get 5-8 servings of fruits and veggies a day for health and weight loss and maintenance. This will also save \$\$ as an added bonus.

She could also suggest doing healthy activities together like riding bicycles or going for hikes. Weight really does have more to do with exercise and what we eat than our slowing metabolism. Our metabolisms can be ignited again if we eat right, and exercise.

S.

\* \* \* \* \*

Hello Mimi,

Wow. This is exactly like the situation I was recently in. I gained 10lbs after a 5 month relationship w/ my guy. I started to feel uncomfortable myself and then he started to let me know that my weight gain was starting to bother him.

At first, I took his side and agreed with him. Of course I started to exercise and started to feel much better about myself. When I stopped to think about this whole situation better, I realized that I'm the one who is not happy with this guy. I think I love him but in reality he is not the one that I'm in-love with. If I had been in love I wouldn't have gained 10 lbs in such a short time.

Yes he is shallow and superficial, but then again it's probably because he doesn't really love me either. The bottom line is no matter how superficial this guy is, is he the one for me? My answer to this question was NO. So, I ended the relationship and now I'm feeling so much better about myself. I'm exercising even more and I'm motivated whereas when I was with this man I wasn't feeling that way.

I'm motivated to look better for me and I'm excited about being free to meet my dream man. This sense of freedom in itself gives me hope to look forward and once again be excited about life.

Thank you,

A.

\* \* \* \* \*

## Shape Up or Break Up?

Dear Mimi.

I have to say I do like the man's honesty and I don't find him to be superficial or shallow. They have only been dating for 8 months and she went from a size 10 to a 14/16 this is a very short time period to jump that many sizes. I feel something else is going on with her that is causing this and he is right to take a hard look at that. If they are in the early stages of the relationship and she is not taking care of her self then what will see be like when they settle in together. Also she is not motivated to take care of her self then I too find this to be an issue and something that she needs to look at. She said it her self "I am uncomfortable." If she is uncomfortable with the weight then why should it surprise her that he is also uncomfortable with the weight?

Don't get me wrong there are a lot of women that are big and beautiful and comfortable with whom they are, how ever this is not who she is and if she is able to get to a size ten then I am guess by nature she is not a big woman. It is different when over the course of some years you each pack on a few pounds children, careers sometimes leave very little time to work out and to always eat right and at this time people who are truly in love recognize this and will always love there partner regardless of size.

I would say at this time it would be a mistake for them to get married because for him this will always be an issue and for her the problem will only get worse until she addresses the what is causing the weight gain.

Well hopefully she will be able to find what motivates her to take control.

Thanks,

E.

\* \* \* \* \*

Dear Mimi,

This last email really struck a chord with me. I have known a guy for over 6 years we have dated on and off (broke up a couple times) but the main point I want to make is that until about 6 months ago he was probably 20-25 pounds overweight. Funny thing is I have always been super skinny. Yes he did have a gut, yes his face was round and chubby (we are both in our late twenties).

## Shape Up or Break Up?

BUT I was totally in love with him, he was charming & sexy, he made me feel like a princess, he still had an attractive face, he had good character. I would of married him if he would of asked me even though he was overweight. If you really love someone you are not going to tell them to lose weight!!

He even told me after he lost weight that “Why didn’t you tell me I was fat?” I told him, “I would never ever tell you something like that because I care about your feelings and when you love someone you don’t do that”. He then told me he guessed he took me for granted.

Well now that he has lost a lot of weight and has been getting attention from more girls he found a girl online that he really liked. AND get this she is probably like 100 pounds overweight but he is really into her because of her personality. BUT I know he is trying to get her to lose weight because he bought her a famous weight loss book. We will see what happens.

Thanks again Mimi for all your wonderful emails.

C.

\* \* \* \* \*

Hi Mimi,

I have to reply to the Hubby to a Chubby letter.

I have always had a weight problem. I lost a lot of weight in my 20s. I met a man and married quickly. Early into the marriage I realized it was not working but we had 2 kids and tried to make it work. I gained weight with each child and had no desire to lose the weight. I had no interest in sex anymore and blamed it on the weight. Looking back, as hindsight is 20/20, it was an excuse not to be intimate because he was not the man for me. I gained weight out of depression and not knowing how to get out of the relationship.

I have now been divorced 4 years. Almost 3 years ago I lost 45+ pounds and have kept it off. It stays off because I am happy with myself and my life. I was recently in a dating relationship where weight meant a lot to him. If I even appeared to have gained 5 pounds he let me know it. He is no longer with me, my choice.

If that writer is of child bearing years and already has a weight problem, she will undoubtedly gain weight during pregnancies and it is hard to get off. If he is already concerned, it will become an issue.

## Shape Up or Break Up?

There are deeper things going on in this relationship. I can say that because I have been there, done that. She really should take a deeper look at what is going on.

D.

\* \* \* \* \*

Hi Mimi,

I have been with my guy only 7 months and we have both gained weight. But not to excess. We are better for it. Before we got together we were both sickly underweight by 1 1/2 stone for me and 2 stone for him and somehow being together has made us both healthier. We're both ideal weights for our bodies now.

I couldn't ask for a better man, he says he would love me even if I was humongous, he loves me for me and thinks my curvier body is a bonus too. He said he'd prefer me not to be fat cos it's not good for my heart condition. He even loved me when I was covered in cystic acne! I'm 28 by the way.

I have friends who have been married for 6 years and they are still happy even tho she has gained a bit of weight. He has helped her to lose it by preparing the low fat meals for her cos he knows how important it is to her. He has never instigated weight loss, he loved her either way!

Men are great creatures, I love them to bits.

C.

\* \* \* \* \*

Mimi,

OMG, this letter is exactly where I started....YES, it is a BIG RED FLAG....one of the biggest. I ended up marrying this guy and having 2 kids....and guess what...he rolled shortly after my second was born....WHY??? Because he wasn't attracted to me anymore because I gained too much weight!!!

Well, you are so true in saying that your body has a way of telling you things....I was a lot thinner when I first met him...gained weight while with him...the comments came....struggled to lose, more weight with babies...lost some....then when he left.....my life changed and the weight started to come off...without even thinking.

## Shape Up or Break Up?

I am back to my old, but new improved self, (a lot wiser...a lot of thanks to you and your e-mails!) I do believe I gained weight in the first place (before babies) was due to that I was subconsciously unhappy in the relationship and I knew something wasn't right....one thing I've learned is to NEVER IGNORE YOUR GUT INSTINCT...it is there for a reason, and proved to be true in my case....

I also realized that my husband and I were truly not in love...and that will never happened again...I will now find the man of my dreams!!! In my opinion, the writing is on the wall in this case...and the future may turn out like mine did....it was a very tough thing to go through..and extremely hard being a single parent...

Hope this helps....

T.

\* \* \* \* \*

Dear Mimi,

I couldn't agree with you more. It's a free country - if he prefers women with fast metabolisms who are naturally thin and never battle their weight, let him go find one. I am 5'7" and have a naturally curvy figure. I remember being 135 and a size 10 and a man telling me if I really dieted I could lose another 10 pounds and be "slim." Years later I am heavier and there are men who love my curves and men who don't.

It's important for us all to take care of ourselves for our health and for our self-esteem but you don't want someone chasing you around with a scale, threatening to leave you because you didn't get that baby weight off fast enough. And no - it's got nothing to do with what he looks like; there is nothing sadder than the notion that you will don't deserve to be with an attractive man if you gain weight. Weight is often a disguised "control" issue, which can be used to undermine a woman's self-esteem.

To the woman who wrote the letter, I am sorry to say it but this sounds like a man who has already given himself permission to cheat if you gained a few pounds. Our bodies change throughout our lives, we may become heavy or frail, we may develop other health problems, and we age and must find what is within us that shines and makes us sexy and attractive. If this man is telling you he is worried about a few pounds now, he's done you a great favour, let him go and you will meet someone who knows he is going to love you for the rest of your life, in sickness and in health, a few pounds lighter or a few pounds heavier.

All the best to you

S.

## Shape Up or Break Up?

\* \* \* \* \*

First of all, there is nothing superficial about wanting your partner to look like a human being instead of a hippo. It's time people threw away their naive ideas that "if he REALLY loves me, he will love me REGARDLESS of whether I'm fat, smelly, stupid, unwashed, unkempt, have bad breath..." (fill in the blank). He will love you if you respect yourself, period. And respecting yourself means taking (reasonable) care of your appearance. I mean, haven't we been through this before? Why have we been talking about wearing dresses, painting your nails red, having your hair done, etc.? It's all part of making yourself attractive. Independently of whether you succeed, just the attempt is enough to signal that you respect yourself.

On another note, being overweight is extremely unhealthy. There is no biological reason why anyone should be turned on by it. If they are, fine, but you should not expect it.

OK, so she hasn't super-sized herself yet. But his fear is perfectly legitimate. And Mimi, so are your responses. He is probably already a bit alarmed (and turned off) and she may, on a subconscious level, be testing him because ultimately she feels she can afford to lose him, for one reason or another.

My congratulations to this man for being so honest. At least he didn't make up some ridiculous story which would confuse her more.

Best,  
L.

\* \* \* \* \*

Hi Mimi, in response to this "being hubby to a chubby." Well.... the guy is apparently warning her... and you know what, some guys are so shallow as to look at the weight instead of the person. I've been there.... my husband decided to go for a "thin" girl behind my back... Well, I could only handle it for so long. He cried to come back, I let him and he did it again.

In my opinion, this is A MAJOR RED FLAG... My neighbor's husband is so hung up on her weight - even though she has a thyroid thing going on, he makes mean remarks about her having to buy new clothes if she outgrows others; he says all sorts of mean things that cut her to the core... yet she continues to try and diet and even gave up eating altogether at one point.

This girl, if she is at the serious point of talking marriage, should be able to sit and honestly talk with her "fiancé to be" or whatever he is. She needs to ask him what his

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intentions are if she should gain weight later in life - if it means he'll move on or what. She needs to ask some questions here..., because no one can predict the future... and her thyroid may go haywire at some point. What then... through sickness and in health? Will that still apply?

It also sounds to me like this guy wants a “trophy wife” to show off. If that is something majorly important to him, she should think about his shallowness and see if it's something she can deal with.

I have learned that a man will not change his wants, what attracts him, etc.... no matter what. She HAS to be able to accept whatever he is or she should get away because she will never change him. If he is like this, he'll remain like this... it won't go away even if she loses the weight now. I wish her the best... and all the strength she needs to make decisions about this relationship.

L. in Georgia

\* \* \* \* \*

Dear Mimi,

I can hear it now,...lose weight or I can't love you. Now, you are 20 or 20+ pounds less and he says, dye your hair, cut your hair, buy a hot red BMW, and HE will be wallowing in his secret power over you while he has someone else on the side and keep you to use whenever HE wants.

The guy may be narcissistic. You NEVER marry anyone who is narcissistic. NEVER!  
Next.....!!!

Maybe the “heavy” bigot is biding his time to get married, biding his time cause he doesn't have enough money, biding his time because he already has someone else in his life or in his heart, biding his time for one- million selfish reasons. He is stifled by his own demise. He is his own nemesis.

C.

\* \* \* \* \*

Mimi,

I've been in a fairly long term relationship, moving to marriage later this year. He and I both have gained some weight over the past two years (he much more than I) BUT it has been due to our current lifestyles. We have been slammed with travel and really heavy

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work/personal schedules. He is a runner, I typically walk in the mornings and we simply have not been able to maintain our normal activity schedules. He is much more worried about his weight than I am, but of course I worry about getting rid of my extra weight. We both have agreed we need do a better job of taking control of our schedules.

It is a topic that both K and her boyfriend have openly discussed, as we have. My fella has not mentioned any concerns that I might get heavier after we are married, but if we don't do something about our schedules, that will be the expected outcome.

If this is an issue that any couple is concerned about, as K has outlined, then it is an issue they should work on together. It is actually a good way to determine if your partner can stick with a decision and is willing to do what they say they will.

MHO - hold off with the wedding plans till you work back down to where you want to be with the weight and the process may well help you determine whether this man is the one for you. If he can't stick with the decision to work together on this, or doesn't do what he says he will, you've got a clue what your future may be like with him.

G.

\* \* \* \* \*

Dear Mimi,

I have been dating 11 years since my last divorce. Some of that time, I had no desire to remarry, and I was having a great time just dating and having fun. Just this year, I met the man who stole my heart away for keeps. I have dated narcissistic men, I admit it. There are all kinds out there. Some want to monitor your appearance from the very beginning, as they see you as an extension of themselves, and can't abide by less than perfection or the attempt at it at least. This spells control freak to me, even at a low level, and you are right about a man that loves you, loving you still, after a 20 pound weight gain.

If he is worried more about how his fiancée might appear to others, as an extension of himself, or not attracted anymore because he feels he deserves more, there will be commitment issues even if a marriage does take place. My new boyfriend met me and we have both gained 20 pounds, but have had the celebration of our lives in doing so. We both know we need to lose a bit of weight, but recognize the part we both played with each other in the dining out, wine toasting, going on trips and indulging scenario, and admit we were so glad to have found each other, that we let things slide while celebrating. We were enjoying each other, rather than going to the gym. We'll take care of that soon!

I do believe that when someone expresses concern over weight gain that isn't their own, it could definitely be a red flag, and not for one moment do I believe it to be about "lack of motivation" to do something about it. It is an important health issue though, if it gets

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worse, it might bring on problems in a marriage, but I wouldn't want to be in that marriage if someone were examining me with a microscope.

I don't feel it's fair to have responded the way you did about her body possibly telling her something. While it's true she may be insulating herself or testing him, just as well she might have been indulging with him and avoiding exercise in favor of hanging out with him. Maybe he just has a higher metabolism, or maybe she should have her thyroid tested by a "thyroid" doctor. Don't be so quick to sound off about this kind of thing, because there could be all kinds of mitigating factors as to why someone puts on weight. My gut tells me that she should still keep looking for the right man who loves her with or without the 20 pounds more or less. Don't settle!

R. in Texas

\* \* \* \* \*

Mimi,

The man needs to be supportive. No matter how small someone is, they can always exercise. HE could say, "Honey, we will shape up together!"

He could cook healthy meals for you and exercise with you. This way you could both go on happy and healthy together. I see a lot of men these days that get married and let themselves go as well. I say lose the weight for you like I have.

I am single, educated, and a beautiful size 20 (was a size 22). I must say that due to current health issues, I have changed my life around. I have cut back to 1500 calories a day and I do the treadmill 6 days a week, 20 minutes a day, burning at least 100 calories. I have lost 10 lbs in three weeks. It can work for anyone.

Have faith. Motivate yourself by knowing and remembering that every time you exercise and turn down fattening food that you are getting closer to a healthier you. Do it for your health, not for him! If he loved you it would not matter to him! He would be concerned about your health, not how you are going to look. Take care and get healthy!

L.

\* \* \* \* \*

Well, this is a topic I would really like to discuss further as what happened to me is that I developed a thyroid / hormone problem and I went from a size 12 to a size 26 and I was married 8 years when it started piling on and that is when my husband stopped having sex

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ie. when I was a size 16 / 18 and following this for many years and when I would try to get close to him but he would reject me and at times also tell me only when I lose the weight would he be interested in going near me.

I was motivated and tried but not able to lose the weight and so affection starved and fed up I eventually left him - I simply had enough of him rejecting me and the more it went on the more for me it felt more like abuse. I had some health issues corrected since and am currently a size 18 again. However I would really like to share this because it has torn my heart out - you see in the year I separated I had dated about 10 guys of which all of them said to me words like when you've lost the weight call me in 6 months or they would say I am sorry I don't think this is going to work and this in some cases was after months of telephone and email conversations before meeting me and they were told and knew before hand that I was larger.

Anyhow I am also often told that I am very attractive - more recently I was dumped on my birthday and this same person also said to me that all the guys in town would be lined up for me with their tongues hanging out if I could lose another 20 to 30 kilos. I told him I will before the end of this year – however this was still not enough for him to not leave me hanging and alone on my Birthday night – yes all dressed up and literally nowhere to go and after what he did too upset to go anywhere anyhow.

I feel I will lose this weight for sure because my health problems are now corrected etc. and because I am a person that always meets my goals. So now I wonder when I lose all the weight will I marry someone like I married again not knowing that they are really shallow? How does one protect oneself from this? Also I can't seem to get anyone interested at my present weight yet I do remember when I was slimmer I got a lot more attention but why are men not more educated to love a women for the person she is etc. Why can't they see past the pounds?

I went 100 pounds over - do you think my husband should have still found me alluring - I mean where is the cut off point 20 50 70 pounds or? I would also like to say the answer to this question is if he loved me enough it would still be yes – you see I actually found out he was bi-sexual and leaning more to being attracted to the male sex so I blamed myself too long and his orientation is definitely more toward males anyhow. In this way I now know it wasn't my fault and that there was probably little I could do – I mean I do remember there were some warning signs over this too but I didn't see them as warning signs at the time either.

But back to this topic I understood but he didn't love me enough to be helpful either. I think your reader should take it as a warning of the future ahead - I mean if that is all that would put him off I would say he doesn't love her enough. Also I eat more when with males as they eat more and want to go out to dinner etc. etc. and I gain weight easily so I would say I am happier when gaining weight and or in love not the opposite.

Further it is too large a statement to make that you don't love someone because you gain weight - I mean I was a size 5 or 6 all my life and couldn't gain weight due to hormones

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then went through the opposite problem and I know from living life at both extremes that loads of men were after me at a size 6 to the point that I felt very shy and uncomfortable going out and I have also noticed that I now have girlfriends but back then not many women wanted to be around me - seemed like only attention I could get was male attention and even then I knew they wouldn't have given me their time had I been the size 18 I am now or especially the 26 I was before.

In general I would say men are very shallow and I for one don't want to make this very painful mistake again. I hope my sharing helps and I would also like to learn more about this and how I can stop myself from being sucked in again - also after being married twice and only going thru a bit of dating in the last year which is really my first experiences with out and out proper dating I have also learned that 80% men will say anything to try to sleep with you so seems they will out and out lie too.

Anyhow I live in Australia so don't know but suppose they are more or less same anywhere but what I would say due to the good climate here more women here tend to leaner and fitter and the men tend to be bit to macho side and the emphasis and media seems like that here as well so doesn't help much too in a way. So yeah I am going to lose more weight coz I need to be less for my health i.e. doing it for me but I know I will end up warding off more men and I need way to ensure I know they love me for me and not what they can get or other shallow reasons.

K.

P.S. This has been such a hurt for me that this was difficult to write but this is my biggest dating problem and something I really wanted to share and know more about. I mean I had low self esteem and I wear good clothes, hair, make up and people tell me I am attractive and smart and a very nice person but that weight always makes them say to me why don't you lose it then you have who and what you want. I mean it is very sad to me if this is what it boils down to but to be honest this has been my experience and I think the man that wants me for truly me will be a rare gem indeed but more so I would like to know how you can tell - how can I be sure - I find men lie very well and so how do you really know... look forward to learning and sharing more and thanks for bearing with me in this reply! : )

P.P.S. I have written this in bit of hurry so I hope it all makes sense as was very much the top of my head etc.

\* \* \* \* \*

Well....being heavy according to the world standards all my life has made it that I am an old maid now---the last guy was the best! NOT!

## Shape Up or Break Up?

We met online---I indicated that I was not skinny in my bio----we emailed---we talked on the phone---he saw picture told me then I was pretty---then we met in person---all night he talked positively about my looks----he said all the right things for a first meeting---I thought....hey! maybe I just met the right guy---very sweet and thoughtful---I didn't care that he smoked and that he wasn't super intelligent---he was a hard worker--- then after about 3 months---he writes that seeking food for comfort has been cruel to me and that he couldn't be with someone heavy/fat---then 2 weeks went by and wanted to know if I hated him for writing all that---wanted to know if I had put him in the category like all the others---

I have always found it so interesting that people have always felt it their crusade to "help" the fat people of the world---would they be so diligent with other people who have other things that society doesn't find appealing????? But at this point I retired from dating---

A.

\* \* \* \* \*

I CAN SEE HIS FEAR... HE COULD STILL BE IN LOVE...HE WANTS WHAT SHE WANTS HE SAID AND ALSO IT IS IN HER BEST INTERESTS FOR HEALTH REASONS....MAYBE HE IS AFRAID THE WEIGHT WILL CONTINUE AT 20 LBS EACH 8 MONTHS... WHERE DOES IT STOP?

I THINK ONE IS IN LOVE WHEN THEY WANT FOR THE OTHER THEIR BEST INTERESTS.

TRYING TO CHANGE EXTERNALS IS OK, BUT TRYING TO CHANGE THE INTERNALS IS A RED FLAG, LIKE PERSONALITY, VALUES, LIFESTYLE PREFERENCES.

D.

\* \* \* \* \*

Dear Mimi,

Wow...the email from the young lady below really hit home! First off, let me say that I really appreciate K sharing this email with us - it is a very sensitive topic and many women I think are also deep down scared of what will happen to their relationships if they do put on a few pounds. I mean, my goodness, why are we always trying to lose weight, trying to look younger?

## Shape Up or Break Up?

Like K, I have also struggled with my weight for my entire life and in fact, it was even worse for me being the largest of 3 sisters, the other 2 of whom have always been stick thin! My problem with weight has been compounded however by medical conditions and medications that have caused an enormous amount of weight gain. I mean it was bad enough being overweight, but to now have to take meds that are causing even more weight gain, geese!

Needless to say, my weight is a huge issue for me - I do eat healthy and exercise, but the bottom line is that I will never be stick thin. And that is okay. I've made my peace with it and I would expect the man that I end up with to understand this sensitive situation, support me when I am already making every effort to stay healthy, and love me no matter what I look like.

That's not to say that we (both men and women) should let ourselves go completely once we are in a committed relationship, but I would say that if the man you are thinking of marrying is ready to skip out on you the moment you do put on weight, then he is NOT the man you should be marrying. In fact, it is those kinds of men that tend to be the most superficial and ought to be avoided. To take it one step further, I would say that they are the ones that give women the complexes and eating disorders that we see in so many women today!

I don't know all of the details of your situation, K, but let me just say that I agree with Mimi on this issue - do stop and take a good look at this man you are thinking of marrying. It is better to take that time now than to do something that you will regret later.

Best wishes,  
N.

\* \* \* \* \*

Hi Mimi,

I read your emails every chance I can and I'm not sure if this is how to reply but I had to say something about this email. I totally see your point. That being said, I see his point too. Many times women get secure in a relationship and they feel they have a free ticket to let themselves go. It's a pretty legitimate fear.

Maybe your reader could put herself in a similar situation. Imagine that her boyfriend lost his job and were doing nothing to find a new one. It's not that she's disappointed in him for losing his job, or that she doesn't love him anymore. But his lack of concern over this unemployment is a red flag to her that maybe down the line she won't be able to depend on him to fulfill his duty as a husband.

## Shape Up or Break Up?

I've known women who have gained weight when they are in a relationship because they eat when they're happy. I tend to lose weight because I feel more complete and don't look to food to make me feel better. But that's not how everyone is. So I don't think it's that they aren't sure. Maybe his ex wife let herself go and he's really scared about it. At least he's being honest. I think that counts for a lot!

Actually, men being shallow isn't something they can necessarily help. I've read a lot of books about the physiological differences between men and women and men are wired to be more visual, more physical. It's the testosterone, it's the way they think.

Thanks for your time Mimi, keep up the good work!!

T.

\* \* \* \* \*

Mimi,

If she has gained 20 lbs while with him-- could it be that they eat out quite a lot? I'd like to be a 16 instead of 26-28. Eating out will put on the weight.

He will probably never be satisfied with her weight.

M.

\* \* \* \* \*

Hi, Mimi!

I'm still reading your emails everyday and really appreciate them! Also, I've read three of your books now, "Flirting", "Calling Men", and "De-Clutter Fast." I've learned so much from each!

Today I am inspired by the woman whose boyfriend wants her to lose weight. My heart goes out to her - I've been struggling with weight issues ever since starting a medication 12 years ago that has the side-effect of causing weight gain. It is so hard to keep it under control.

I think maybe the guy is setting her up for a fall, even if he's not doing it consciously. The "I might bail out later" line really worries me. What other reasons might he have for quitting the relationship later? I think he might have a list of things that would not be

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acceptable for him, and he's putting the responsibility for keeping him happy all on her.

I would feel a lot better about the situation if his concerns were for her HEALTH rather than her appearance.

I wish her happiness whatever her decision.

K.

\* \* \* \* \*

Mimi,

I read this email and I totally agree with your answer. When I was married to my first husband, I gained weight like crazy. I went from a size 4 to a size 18. I was totally miserable with him and no wonder, he was physically abusive.

When I met my next husband I was losing the weight and felt happy. We married, and after we moved away from my family, I gave up my education, my job, my life in order to support him in his quest for a better job, that I began to gain weight again.

Over several years I was able to reach almost 300 pounds! Guess what? I was MISERABLE!! He was also an abuser, but an emotional and mental one. I was so unhappy, frustrated and miserable.

We are now divorcing and while the divorce is turning out to be absolutely horrific, I am actually happier now. I have gone from a size 24 to a size 16 and am still losing. Am I looking for a new relationship? Not on your life!! Right now, I am working on me and enjoying time with my son who is also losing weight.

At the age of 10 he was so miserable that he topped the scales at 150 pounds! He is now down to 130 and a lot happier, has become more active and has even joined sports and is playing soccer now, something he could NEVER do when we were with his dad as his dad kept us completely isolated and secluded.

IF you are always trying to please someone else, reaching for their glass ceiling to please them, you will be miserable and begin to doubt the one person you should love above all others - yourself.

C.

\* \* \* \* \*

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Dear Mimi,

I have been married before and from day one my ex always made it clear that he did not like a fat woman. It's a preference, nothing more nothing less. It does NOT in any way indicate that a man is superficial.

Now that I am divorced, and "looking" again, I have received many compliments from men who says that I "look after myself". And I do, not as religiously as I would like to, but enough to be able to wear just about anything and look ok if not great.

I think this man really cares for K or he would not have laid his cards on the table. Remember he has been married before too. So he basically knows what he wants and does NOT want, what's wrong with that. Take it at face value. If K cannot fulfill what he wants, then leave the relationship. But reading her email, I would keep this man.

L.

\* \* \* \* \*

My immediate thought reading this was the same as Mimi's--that you would NOT gain 20 pounds in 8 months if you were really happy in this relationship. Not only because if you were in love you would not, as Mimi said, "think about food all that much," but because you would feel wonderfully good about yourself, energized, empowered...and people just don't gain weight when they feel that way.

It's not about trying to be attractive to him--you should definitely feel that he would desperately want you no matter what you look like--it's about feeling great about yourself. Clearly, you don't, and he's not helping. To be fair, it sounds to me like he is expressing concern over this very issue--that you are not happy--and is worried that whatever it is in the relationship that is making you not happy will continue or get worse. It is hard to be in a relationship with a very unhappy person. It is not about fat.

C.

\* \* \* \* \*

Dear Mimi,

I could not help but respond to this email. I have found from experience that men want a woman who could eat pizza, burgers, drink beer and look like a supermodel. Now we all know this is a fantasy. So I have found the best revenge for such thinking is to really get in great shape. And please get your man involved.

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Wake him up at 6:00 a.m. so you can share a morning jog before going to work. Drag him to the gym for some evening weight lifting. And women if you want to get an edge, do a work out for your legs. Women cannot compete with a man on upper body. We just are not genetically built for upper body strength.

With a leg workout, you will end up developing beautiful shaped legs and gain a tremendous amount of respect from your man. Not only will you get in better physical shape you will share one on one time with your man and he will become more attractive to you as you tone your body.

N.

\* \* \* \* \*

Hi Mimi

I've got a weighty bit of advice that most of your readers may not want to hear, but it's essential.

I am 77lbs overweight for my height - okay, I guess I hide it quite well, but obviously not all of it, I'm about one size off plus size - yeah, I'm SHORT too... But my man LOVES me. He says I'm "more WOMAN" since I gained the weight, not that he'd mind if I lost weight like I'm sometimes trying to as it would make me healthier and feel better about myself. Luckily I was blessed with oodles of confidence and sex appeal and many men flirt with me all the time - my hubby is soooo proud of me just the way I am.

What I'm trying to say is that if he says "lose weight or ship out" - he's actually trying to say he's not into you and because you are really pushing the marriage issue terribly, he cannot say to your face that he doesn't want to get married. In his mind telling you to lose weight would hurt you less than saying he's never going to marry you.

You've got to want to lose weight for YOU. It's not healthy to be obese and health IS important...

Have a good day!

L. from South Africa

## **A Man's Opinion on Why Men Want Women To Stay Slender**

### **Part Two – One Man's View, Shared By Many Men and Women**

Dear Beautiful,

Yesterday I shared an email from a woman whose boyfriend is unhappy with her lack of “motivation” about losing weight. I suspect that it's not the motivation, but he just says that because it sounds a lot better than saying it's the weight itself.

Well, this email about weight has sparked SO many responses; far more than any topic I can think of lately.

A man wrote in and made these excellent points - this is a ‘must read’:

**“Most of your email list is made of women, who unfortunately are too sensitive to hear the complete truth. Here is some you missed:**

**“Men are visually stimulated. Most men will grow less attracted as their partner gets less attractive. The analogy for women, who are auditorially stimulated and bond through conversation, would be what if he starts talking to you less, communicating with you less. OF COURSE you would be less attracted/connected, and no one would call you superficial.**

**“To call him superficial is sexist. To want him to have the same level of attraction regardless of looks is pure fantasy land.**

**“Also, why can't she promise to control her weight? She is asking him to promise to never touch another woman again, to care for her and be devoted to her forever. This is obviously a much greater sacrifice for men than for women.**

**“Any woman who doesn't make a commitment to take care of her health and her looks is not ready to ask a man to make the biggest commitment of his life.**

**“A. Man”**

Dear A. Man,

Thank you for your email - it's appreciated! You make a great analogy with the auditory example. What you say puts things in focus very well - and it's something to remember.

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The only thing I'm wondering about is why A. Man says it's a much greater sacrifice for a man to make those promises. I think that if the man considers being faithful to the woman he loves a big "sacrifice," then the man is not really "there" yet. I for one would never marry any man who felt that way - I'd rather marry someone who was head over heels in love, and not looking at anyone else. There are men like that! But that is another topic.

A Man's points have the ring of truth on why this issue is a valid one for men (and for women too!). I think one issue here is that it's hard to make a "promise" not to gain weight, because a woman fears that she won't be able to keep that promise even though NO woman wants to gain weight.

I fear there is more truth to A. Man's words than we'd like to admit (which is exactly what he said) - but it does NOT warm a woman's heart to think that a man falls in love - and stays in love - with his EYES.

But maybe this is equally true of us women. Really, as you go through your week, ask yourself which men catch your eye? Chances are it is the ones who are a healthy weight. So how can we expect anything different of men?

Again, I definitely appreciate a man "weighing" in on this subject and I do not recommend people getting mad at his words ... he is trying to tell us how men think, whether we like what we "hear" or not.

Now here's a woman's comment on this, and I welcome all comments.

"Mimi,

"YOU HIT THE NAIL ON THE HEAD!!! I was in the same exact situation, but we married despite the weight issue. The problem grew after I got pregnant and gained more weight...well, needless to say, we are divorced now....reason on divorce papers (and I'm not kidding) "She got fat and I'm not attracted to her anymore."

"Well, all I can say is since I am away from him...I lost all of the weight and then some (without even trying I might add) and am hotter than ever and have more men tell me how sexy-charming-hot I am than I can handle... (a special Thanks to you, Mimi, for schooling me!! I am also a flirting student).

"The best advice I can give, from going through it, is Read the writing on the wall....listen to what the man is saying....and don't read into it and try to analyze it....if it is a problem now, it will be worse in the future...my ex was honest and superficial....but he meant what he said about my weight and attraction... and truly didn't love me...

"FACT...If I would have gotten this advice before I married him....it would have saved me a whole lot of money and heartache from the divorce!!! I see it so clearly

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now.....hope this helps....”

I definitely agree with this flirting student that our weight is almost always a reflection of the state of our love life (and other issues as well, but definitely our love life). Improvement in one’s love life can definitely cause someone to get in better shape almost effortlessly.

I hope to hear from more people on this weighty issue, and I already have a pile of emails to share on this.

With love,  
Mimi Tanner  
Author of Calling Men  
[www.callingmen.com](http://www.callingmen.com)

Well, I did receive MANY more emails, and here they are:

\* \* \* \* \*

WHAT a great email. This guy is so on the money.

Best,  
L.

\* \* \* \* \*

Dear Mimi:

The “A man” is right on track. He is exactly correct in everything that was written in his email and reflects my opinion as well.

Another thing that many people realize and don’t know they do is: “everything (including people) are dynamic, things change with time”. This includes, looks, feelings, health, age, state of mind, financial status, ALMOST EVERYTHING changes with time, even the carbon structure of a diamond will decay given enough time.

If you can remember back to your days in high school algebra where you drew lines given an equation.  $y=3$ , for example would be a straight horizontal line at  $y = 3$ . This line tells us that,  $y$  is a constant and NO MATTER WHAT it will ALWAYS equal 3 for that equation.

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People are NOT constants, and things are not unconditionally true. People are complex, and their curves look more like the unpredictable scatter of chart from the stock market on a hectic trading day. This means that, based upon some condition in the economy or, stock rumor, or luck on some companies behalf, the stock will rise or fall given any number of parameters.

People are the same way, they will rise or fall based on thousands of experiences and internal dialog they go through every day and night.

J.

\* \* \* \* \*

Hi Mimi,

I share the same view as men on this subject and I also think that the weight issue is far more complicated. It is a reflection of who you are and how much you love yourself and take care of yourself. And I believe that some men are turned off by women that don't take care of themselves for many reasons.

Unfortunately, eye stimulation is very important when it comes to attraction. Every woman can look radiant if she is happy, healthy and takes care of herself! The weight issue is not only about being skinny, most women that I know that are overweight have issues and insecurities. Before they commit to loving and taking care of a man they need to make that commitment to themselves.

Kind regards,  
C.

\* \* \* \* \*

Hi.

I don't know if I'm totally right or if this helps but here is what occurred to me: It seems to be an issue about self-acceptance. She stopped dieting and exercising after feeling that she had been accepted/loved by someone, see? She used to take care of herself but only until she found someone, like she was doing it not for herself but to get a boyfriend; once she got him, it became unnecessary. Now she only considers doing it again if he threatens" to leave her...

(Sorry if I'm being too harsh but) It seems to me that she needs to love herself first and do her dieting and exercise for the love of herself, whether or not a man will appreciate

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her. Maybe he's only reflecting her perception of herself. (And, besides me being a woman, I agree with most of what A.Man said - it's a good piece of advice, though hard.)

Wish you the best.

R.

\* \* \* \* \*

Dear Mimi

This lady's comments are inconsistent and contradictory. How can she possibly criticise the reaction of her husband to her weight gain, on the one hand, and then go on to say how much she enjoyed men's positive reaction to her being thin !!!

Does she not realise that all these compliments were NOT made when she was still FAT but after she'd lost weight... so why does she not see those comments as superficial since after all they praised her thinness not her extra pounds?

...and does her husband not have the right to have someone who is as she says "sexy-charming-hot"... we can't have our cake and eat it...

I'm a woman too and am definitely not attracted to men who don't care enough about themselves to keep a healthy weight (not talking about cases due to physical conditions, medication induced weight gain etc...).

It is a personal responsibility to keep to a healthy weight and if there are issues that affect our willpower, etc., then these need to be dealt with. Had the relationship not broken up, would she have really made an effort to lose weight??

For those who are not bothered by size... well and good... but for those who are, there should not be criticism, since it's as much about personal choice and preference as any other issue...

D.

\* \* \* \* \*

I would not like to marry or have a relationship with a chubby! Nothing wrong with that and regarding weight you are what you eat and weight all you eat ..... and more!

But I work very hard to keep my looks at all time and control a healthy weight, gym, good eating habits, hairstylists, nails, toes, clothing and all I can do to keep myself always looking good or at least decent, that keeps a good state of mind!

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So.... I do expect from any male(s) around me to do the same! If they can be picky as males, why shouldn't we as females be picky also?? They do not need to be Brad Pitt, but at least a healthy weight, clean clothes, clean body and good habits are good enough!

Who want to be around a couch potato?? Males or females need to have some pride and keep their bodies healthy!

C.

\* \* \* \* \*

Dear Mimi,

I have gotten tons of emails from you and have never replied, but must reply on the weight issue. I am in my third serious relationship of my life. My first husband was overweight, and got more so over the years to top out at 275. We did not have sex for a year and I divorced him. Of course I lost the weight; most women know they will after a breakup. So they get the sense of being 'hotter' and thinner. It's often high metabolism and the thrill of dressing up and the new chase.

My theory is though that women will gain weight naturally when they settle down in a relationship. It's not all about sitting on the couch eating chocolate cake. You settle, calm down, become comfortable, possibly have children, and the metabolism shifts for women and men. You can't expect to keep the energy of a twenty-something socialite. I always loved my men for the inside and if the outside changed some I still could see them inside. I guess I expect the same.

I am not talking a woman gaining one hundred pounds, but how about thirty? My guy now is overweight, but he was when we met. I find attraction and beauty in almost everyone and sexiness is not defined by that twenty percent of the population who is skinny, fit and perfect. I think if that is all you are turned on by, you are really stuck at animal level.

I do agree that I felt more attractive when I could fit into all the trendy looks. But as I told my guy, when I was in that mode, I was on the hunt. It seems kind of counter-productive to the relationship bond to get back into hot mode. And when I see a man of 45 or 50 is starting to work out to get buff, I pretty much know he is aiming his last straw at trying to go out and get a young hottie. And I've seen most of those end or look really kind of ridiculous. The human body is no less a part of nature and fluctuates with its seasons. If you are in love as souls, you stay that way regardless. That is the gift of that kind of relationship.

G.

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\* \* \* \* \*

Mimi, I have to send a comment after reading your response to “A. Man”

Women just don’t get what it means by “a man is visual.” It’s the way men’s brains are hardwired, and it’s so much more than what we think of as “visual.”

The poor guy was doing what all women want - have a heart-to-heart talk to his girlfriend, and I’m sure everyone is jumping all over him because of the subject he decided to have that talk about.

“A. Man” who responded explained how men are, and did a very good analogy, but people still won’t accept it.

I don’t think the guy is superficial at all. He wants to have a lasting relationship and expressed his needs and concerns. If the woman can’t accept that, then she is not good enough for him (which is the opposite of what I’m sure everyone else is saying). I would love to have such an open man in my life.

I do understand how women worry about gaining weight and keeping it off, and that they don’t want to. But (as Shaunti Feldhahn says) a man wants to know that you will try - and he will help you do so. It has to do with you wanting to look good for your man - and no one seems to think twice about getting all dolled up for a date, but when weight enters the picture, it’s treated like a whole different issue.

Yes, if you look around, you see plenty of couples where the woman has put on a lot of weight since being married. I wonder how many are really happy marriages, though?

S.

\* \* \* \* \*

Mimi,

Please ask A. Man if he will have to leave his slender, well taken care of, still beautiful but older wife for someone younger and MORE attractive just because the younger woman is more attractive and he can’t help it because he is visually stimulated? How would A. Man feel if he knew he’d be traded in if he lost his hair or got a few wrinkles when he gets older?

G.

\* \* \* \* \*

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Not in all cultures do men disdain a woman having feminine curves and a few extra pounds. It is a sign of fertility. But in the U.S. women are expected to be stick-thin, no matter our age or how many children we have given birth to. Men like “A. Man” should grow up.

I don't think anyone should be obese. It is unhealthy for men and women. But an extra 10-20 pounds? Who cares!

These women that men lust after because they are “thin” are most often chain smokers and prescription drug abusers. That's really healthy too. We should all take up chain smoking so we can stay thin for our men so they don't STRAY.

News flash....they will stray no matter how thin or how much maintenance you do to stay “visually” attractive to them - most times just because they want someone “different”.

S.

\* \* \* \* \*

I have a couple of thoughts on this subject. My question is, “What does the guy in that situation look like?” Does he keep himself in good shape and his weight in check? There should be no double standards if one is imposing conditions on love. But, many times, I have sat with a group of friends which included guys and have heard the same desire expressed by them and my comment to them was, “Have you looked in the mirror lately?” That's what blows me away. These types of guys are usually not Prince Charmings themselves.

Second point is that even the most beautiful people grow older and the physical beauty of youth fades. That is a fact for men and women. Real love is more than skin deep.

Personally, I am looking for real love. I have placed a big emphasis on health and fitness since my teens and want to share that with the person I am with. So naturally, I am attracted to men who also value physical fitness. The bonus is that it enhances physical appearance, emotional, and mental health.

The love of my life had love handles at one point in our relationship and his butt got fat but I didn't care. I loved him. I loved who he was as a person. He dropped the pounds he had gained during a stressful period without my prompting. He could have gained 50 pounds and I would have loved him the same but would have been very concerned about his health.

I want to be loved for the person I am and appreciated for the effort I put into physical fitness and appearance, in that order.

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G.

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Women just want to hear men say it's okay what they look like, because they aren't disciplined enough to eat properly. Obesity is a huge health crisis in this country, but we want to turn our eyes from the real problem (we're killing ourselves) and look at it as an issue of a man not loving us for who we really are. We are not supposed to be fat. We are not supposed to be stick-thin. We are supposed to be healthy. When we start turning the problem around and make it seem like it's a man's problem, instead of ours, we're just in denial.

I'm 5'9" and I wear a size 10 (most of the time). But, I'm teetering close to being overweight (another 10 pounds and I'm right on the line). Anytime I mention that I'd like to lose a few pounds (the weight of a bowling ball - which I gained in the last two years), I have plumper women ridicule me. It's because they don't want to admit they have a problem with food...so they try to make me feel like I'm obsessed with my weight instead of admitting their problem.

Except for the part about monogamy being harder for a man, than for a woman, I agree with almost every word of A.Man's email. Men and women are different...that's why we sign up for these emails. Accept it, stop being bitter about it and put the cheeseburger down.

E.

\* \* \* \* \*

Hi Mimi,

I've read with interest one or two comments on the weight issue. I must confess to finding A. Man's comments a little selfish and I do find his generalisations unfair, though I agree there is a certain element of truth to some of it.

That said I think everyone should try to make the most of themselves, and if we do put on weight, or stop making an effort in our appearance - and this goes for BOTH sexes - then we run the risk of our partners losing the attraction for us, no matter how beautiful we are on the inside. Chances are we'd get the "I love you, but am not 'in love' with you anymore" statement.

If you change too much, then you wouldn't be the same person visually. Some people really don't mind, but I suspect most people do. The question is would they admit it, and

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would the party losing interest be honest enough to say “I love you, but you’re not so attractive to me anymore because of x y and z?” Personally I prefer honesty even if the truth hurts.

And as for women only being interested in conversation, what a crock! Yes, we like a man who’ll sit and chat, but we like chaps who are pleasing to the eye too! And let’s not forget, good looks are in the eye of the beholder. I think my squeeze is an absolute dish, but some people may not find him so handsome. That said, if he got a pot belly, I confess I’d have something to say about it. If he grew a beard, I wouldn’t like it either. I wouldn’t

love him any less, I’d just look at him and think to myself “Boy, I wish you had the body you used to...”

However, to say men are only visually stimulated is utter nonsense. Some men maybe. Don’t get me wrong, all men appreciate beauty, but not all see it as a necessity in a relationship. After all, plain women often have a chap and some beauties seem to be almost always single for no fathomable reason. I’m not kidding on this one. Men have informed me this is because they are frightened of being rejected by beautiful ladies and know they have a better chance with the ordinary or pretty girls.

Point is, don’t let yourself go just because you have a partner who loves you. Love can be fickle and there is no guarantee he or she will stick around no matter how much they wax lyrical they will. Make the most of yourself and enjoy every moment you have with your partner. Besides, confidence is a big attraction. So stay as gorgeous as you can and hold your head high!

Regards,  
S.

\* \* \* \* \*

Dear Mimi,

Here is my reply to “A. Man” reply in pink below:

“Most of your email list is made of women, who unfortunately are too sensitive to hear the complete truth. Here is some you missed: : most women are too sensitive to hear the complete truth – this sounds bit strange but anyhow... yeah just think maybe some women but not make it sound like a majority thing as he doesn’t know that. This could a grammar thing and not worth getting too worked up over but please see further below...”

“Men are visually stimulated. Most men will grow less attracted as their partner gets less attractive. The analogy for women, who are auditorily stimulated and bond through

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conversation, would be what if he starts talking to you less, communicating with you less. OF COURSE you would be less attracted/connected, and no one would call you superficial. : MOST men well MOST is clear here and is it considered less attractive when we get older but doesn't the deeper connection make for a stronger attraction and connection - the years creating more "glue i.e. greater stronger love" if happy and staying longer together therefore what attraction is could almost change – anyhow this again is bit off what the "man" is saying but okay back to my reply..... I don't get this and never have because to some extent I haven't found men really great talkers so I go more on visual stimulation myself than what comes out of their mouths... and I believe there are men that go on what a woman says more than looks so I think this again is a broad generalisation and I just simply haven't found that it is even really true i.e. such a defining difference between the two sexes at all.

Anyhow I find most men to not be particularly stimulating this way so has to be looks for me i.e. really attraction and stimulation etc. Maybe I am in the minority to feel this way, but from speaking to people I wouldn't think so!

“To call him superficial is sexist. To want him to have the same level of attraction regardless of looks is pure fantasy land. : we never said regardless of looks – weight gain does not define looks it simply that weight gain and therefore could be temporary unless medical. I think a man that judges a woman mostly on her weight esp. if she can lose and is motivated is shallow or superficial and that is not sexist because I would say the same thing bout a woman behaving this way too.

“Also, why can't she promise to control her weight? She is asking him to promise to never touch another woman again, to care for her and be devoted to her forever. This is obviously a much greater sacrifice for men than for women. : well in my case because I got sick and there was no control within my control and I wonder if the man has a good weight or is he 20 pounds over and I mean it is just as hard for a woman to never touch another man again as it is a man.

In my case I've had over 50 attractive men throw themselves at me and my spouse never gets one but the one time he got any attention he was sucked right into it yet I had no roving and wandering heart with the greater temptation so this is all relative and unfortunately this may be a man's comment but he is not speaking for all men as this is just his opinion and already it appears to presume certain facts and differences which in my books just does not exist therefore this man in my opinion is another example of one needing educating.

“Any woman who doesn't make a commitment to take care of her health and her looks is not ready to ask a man to make the biggest commitment of his life. : this is not only a FALSE statement but utter rubbish and who's to say it's the biggest sacrifice or commitment for the man – I mean it was way bigger for me in my last relationship than the 100's of proposals I used to get – I mean when a woman has a lot to offer, many men wouldn't care bout the "sacrifice" and in some cases they'd give off just about anything to be with that woman – it can work both ways.

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This comment shows this man is sexist and also I take care of my looks and body and I still meet the only way to put it is SHALLOW men... further I used to be in a wheelchair does that mean I am “not ready” CRAP Utter CRAP and I almost find this man’s comments offensive to females in general. I also think it rather insults our intelligence!

Another thing the question may become but “take care to what extent” and unfortunately getting back to the real topic we were talking about 20 pounds over weight this is the fact we were talking about 20 pounds over the so called Ideal does not mean the woman is not ready.

MOST WOMEN ARE OVER THE IDEAL WEIGHT so what is the issue here where is the marker 5 pounds 8 12 15 or 20 or 30 like what is this “man” saying ... sounds like a lot of generalisations and somewhat off the actual topic and given that I replied in some places similarly... some men love to “argue” too and clearly they are not ready to commit to a woman either. My 2 cents worth!!! Some maybe better observations than others but this was written in a rush too.

K.

\* \* \* \* \*

Dear Mimi,

I agree with you completely with the advice you gave this lady. I believe that honesty is the best policy; however I think that her lack of motivation to lose weight tells me that she may not be all that interested in this man; it may be that she doesn’t want to be alone and is “settling”. I know that when I am miserable in a relationship, I have the tendency to “let myself go” and feed my emotions resulting in weight gain. The guy on the other hand may be finding himself less attracted to her weight gain because he isn’t so certain about being with her or it just may be that he can sense her unhappiness and is trying to find a way to motivate her into losing the weight in order for her to feel better.

Personally, I would work on the weight whether or not she commits to the guy; because with or without him she will still feel uncomfortable as she put it. My question is....why is she NOT motivated to exercise and lose weight? There is no better feeling in the world than to conquer and control weight! I know this personally because in the past year I have lost 70 lbs and continue to work toward my goal weight and I feel fantastic.

Is it possible that her gain of 20 lbs has changed her personality? And this may be the reason he requests she lose weight???

I wish her luck!

D.

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Hi Mimi, I think there is more to the love component than appearance. What about how you click in other ways, such as intellectually, socially, spiritually? Often those things are the connectors and mean far more than appearance. People are more than their weight status.

I also believe that if men were more educated about how to keep their women happy with compliments, conversation, initiation of dates, and being romantic, then women wouldn't have an ounce of problems with their weight.

Most ladies show others the kind of husband they have by how much they care about life and their role in it. Motivation is lost when one is not given proper attention as we are made that way, to want to connect with someone of the opposite sex in a most meaningful way. When this meaning is lost, women lose some of their womanliness and the great pacifier, food, is there to help them along.

So, in summary, if both are not doing their job wholeheartedly and 100% in the marriage, a variety of suffering will manifest itself.

M.

\* \* \* \* \*

Mimi,

You wrote that "No woman wants to gain weight" - I would like to.

I am thin to the point of being unhealthy. Our culture is so focused on the problem of being overweight, that the problem of being underweight is ignored. People always tell me how they wished they were thin like me, and how lucky I am...etc, etc. - talk about a problem that no one understands!

Also, I had ordered your decluttering book, and sent an e-mail requesting a refund. My house is still a wreck, and I would like to buy some food.

K.

\* \* \* \* \*

## Shape Up or Break Up?

Hello! A couple of brief points about the message from 'A. Man'.

1) Who says women are less visually stimulated than men? As a woman myself, I know this to be false, to the extent that I once broke up with two people I was engaged to because I was no longer attracted to them after they became too fat - and by then, even if they had lost weight it would have been too late because my love for them was gone and I was already chasing other beautiful slender men. Sorry to be harsh but men need to pay as much attention to their beauty as we must to ours to ensure that we remain attracted to them. Too many times I have seen overweight and frankly ugly men paired with women who spent endless time and effort on their appearance - and treating those women disrespectfully nonetheless. Enough of this double standard.

2) And as you also point out, it is absolute nonsense that it is a greater sacrifice for a man than for a woman to be faithful. Again, as a female, I know whereof I speak. Who invented these unfair myths? Firstly, as you say, anyone who considers it a sacrifice to be faithful to us should kindly make himself scarce and make room for the real thing: a devoted man. Secondly, the temptations are there for us girls too, and they can be phenomenally powerful - powerful enough to make us break an engagement if need be.

So girls, don't sell yourselves short. And men, don't be complacent: you need to be beautiful too.

Thanks for your attention.

A.

\* \* \* \* \*

To "A Man"

I'd like to share the female's point of view to your insight. Realizing the benefits of exercise in providing energy and stamina in dealing with life's pressures, not all of us have the time or money with work, home and parental responsibilities. (I'm fortunate, I've been working out for years, therefore, I'm not making excuses for myself or for other women.)

When these daily responsibilities become overwhelming (which is often the case with raising children), women become fatigued and the last thing on their mind is exercise.

The less confident they feel about themselves, the more embarrassed they are about their bodies and sex becomes less important. Lack of sex provides excuses for the male's wandering eye. And, if one of these super moms is married to an individual such as yourself, one can only imagine the lack of support provided to the household let alone to the marriage.

## Shape Up or Break Up?

So let's examine the male side of the coin: don't expect desserts, beer, cookies, chips, etc. in the household. These foods are bad for all of us but especially bad for the male waistline. Truth is, nothing is more repulsive than a large beer belly. One can only imagine the last time you were able to clean your privates properly.

Lastly, please ensure your equipment is ALWAYS in working order...we cannot wait for the male to communicate or acknowledge he's experiencing a problem. We appreciate you but can no longer be attractive to a man who has health issues...remember, you were the one who wanted "...for better, for worse, for richer, for poorer, in sickness and in health, ..." eliminated from the marriage vows especially when there are so many males waiting to appreciate our bodies.

G. (a woman)

\* \* \* \* \*

Hi Mimi,

I don't think almost-fiancée should dump her lover at all. He took quite a risk to tell her his feelings. He risked appearing superficial and shallow, unloving, yet he went through with it anyway. That is a very hopeful sign that this man will talk to his wife and consult her when things are hard. That's a good sign for their future marriage.

I also think that almost-fiancée should not ignore what he's saying. What I really think he's telling her is that if they got married and she continued to put on weight without addressing the underlying causes of her unhappiness, that he would still love her, but he wouldn't feel physically attracted to her. He would care for her but his desire for her would diminish. Their future marriage runs the risk of becoming sexless and on the fast track to dissolution.

Almost-fiancée appears to understand this. No one is saying that putting on 15 pounds is reason to call it quits in a relationship. No one should feel pressed to be model thin or to freak out if they gain 25 pounds after a pregnancy or if their body changes as they get older.

Yet putting on 30-70 pounds in 2 years for no other reason than overeating means something is really, really wrong. To use food in this fashion is not healthy behavior. This is what her fiancé is trying to tell her.

So, I think almost-fiancée has a chance now to reveal her inner beauty. She has a chance to really look hard at herself and her expectations in marriage, to show who she is. Is she a person who changes because someone else said she should, solely to keep her future husband? Or a woman who looks inside and makes a necessary adjustment for her

## Shape Up or Break Up?

own sake with the SUPPORT of her would-be fiancé? If the latter, that sounds really good to me. Imagine how strong and beautiful she will feel if she should overcome this situation!

And of course in marriage, your central unresolved issue comes front and center in the guise of “husband.” Whatever insecurity one has, marriage will bring it out. In this case, it’s physical attraction and desire. Women sound shrill when they should they should be accepted ‘as they are,’ yet it is also true that you can’t just say or do anything you want when dealing one-on-one with others.

I enjoy your e-mails, Mimi.

K.

\* \* \* \* \*

Mimi;

I’m almost 60 years old and have been slender and attractive (on the outside) all of my life. This is all about luck and good genes. This has meant that I could attract men, it has not meant that I could keep men interested in me.

The biggest change for me came when I stopped all of my searching for the right set of tricks to get the right man into my life and instead began pursuing myself. My true self. I took up the hobbies I was always interested in, bought a small farm to pursue the lifestyle I dreamed of, and focused on my career goals so that I could be passionate about my work.

The result? I’m an interesting, sexy, passionate woman with plenty of men buzzing around. The reason I’m writing this in response to your messages about being overweight is that certain men find 60 years old to be just as unacceptable in a woman as 60 pounds overweight. Superficial? Maybe. I don’t worry about that so much because the men I’m attracting seem to be a lot like me and we share our passions about the world rather than our fears about age and weight.

My message is, go after yourself with a passion and you won’t have to carry a bag of man-trapping tricks. You’ll also find that you can drop your own baggage and be a wonderful woman in a wonderful world.

With high regard for your work, Mimi

C.

\* \* \* \* \*

## Shape Up or Break Up?

Dear Mimi,

I absolutely love your emails... Everything you write makes complete sense and is absolutely true! Please keep sending these amazing words of wisdom!

I agree that if a guy has brought up this point on weight, it's bound to be brought up again. And it's obvious that it's not about the motivation but purely about the fact that he does not want to be with a fat lady. The most important thing the woman should note is that from the moment he said that, she would have become a lot more self-conscious about herself and soon enough her esteem will suffer. Every time they make love, she might feel very conscious and not be able to let go. With time her own deteriorating self-esteem and self-consciousness might in itself end up hurting the relationship a lot. Simply by bringing up weight, the guy may already have hit the woman's esteem and it's definitely not worth entering into a relationship where one can't feel beautiful the way they are.

What really struck me was the fact that she wants to lose weight but has no motivation to do so. I can completely relate to this. I am personally a successful, pretty decent looking girl who has never had trouble in the dating scene. Currently I am dating a successful guy who is very loving towards me and I could not have asked for more. We are about to tie the knot soon. He loves gymming and looks very good. I am constantly worried that people might feel he looks really good and is all fit and fine but me (his wife to be) is just ok. I have been trying to bring myself to include an exercise regime in my life and do something about my weight but it's just not happening!

Any suggestions on how one can motivate themselves enough to start doing something?

D.

\* \* \* \* \*

Hi Mimi,

I've got to say about this weighty issue, is give me a break! Sure we woman that can control it, take care of our bodies and lose the weight. But what about those women out there that have a glitch in their bodies makeup? Thyroid, diabetes, and age are all BIG factors in weight gain. And they make getting the weight off that much harder. Men also have these same problems. What happened to the phrase and the idea that beauty is only skin deep?

Sure when I was younger I wanted the cute, nice looking and leaner man. But with maturity and a lot more insight I have dated many different men. And I might be one of

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the few women out there that actually look for men with a little root beer belly and <gasp> no hair!!

If men are visual and can't tolerate a heavy set or fat woman....why should we women put up with balding men? Because they can't help going bald just as much as women can't help sometimes putting on a little weight with age.

Thanks for reading...

C.

\* \* \* \* \*

Mimi,

I recently was invited to a private club in Toronto with very wealthy peers from the private school my daughter attends. I am not wealthy by my ex is. In fact I am a school teacher and most of the people at the party were bankers, jewelry store chain owners, and born rich.

The women were most likely 10 pounds underweight, extremely slim, and rather hungry. The men are also extremely thin and fit.

I am 20 pounds overweight, good looking at of modest means.

Lets address the issue,,, the men loved talking to me, but no one asked me out... they loved the conversation and were staring into my eyes, but no one asked me out!

There is a stigma, being seen with a plump woman. The next day, one of the men, passed me in his car, and with indirect reference to the trampoline I own in the backyard, yelled out his car window "Bouncy, bouncy." There is distain and ridicule in certain social circles if you allow yourself to become plump.

You can never be too rich or too thin....it trickles down to the middle class, and the working poor remain overweight or obese.

Go to any private club, where the rich convene,,, everyone is working hard to be thin... and loved.

A.

\* \* \* \* \*

## Shape Up or Break Up?

Mimi,

I have only been reading your stuff for about a week. Used some of the info and my new “like” interest is following suit. Just like you said ...

I have some issues with weight. I have used my weight for a long time as NOT to be a magnet for anyone...

I recently started using “my space”. About 2 months or so . And I found a man who has become more than a “friend” shall I say ... We have agreed that it was time for us to meet . I have family where he lives . So It can be a dual-purpose trip . I’ve told him that I am about 60 pounds over weight. Because I am 5’9”, I carry it well. And I am a confident woman in that I am well educated and carry myself well. I am very attractive and over weight... Now after reading this article on weight and the man’s response. I am now wondering if I am making a mistake.

I was confident, now I’m not sure what to do. I have been single & not dated anyone in over seven years... I was raped and suffered severe domestic violence . So, some reasons some women are overweight is because of “men”...

I have dealt with forgiveness and self inner work to bring to a really good place right now in my life.

The new guy said it doesn’t matter to him and that he needed to lose some too.

He was a surprise. And neither one of us were looking to meet anyone.

But in 2 months things have gotten a lil “heated” if ya know what I mean ....

So now what? My belief has not changed that if you care for someone, the outer shell should not matter SO much. Realizing of course that men are visually stimulated ... Is it too hard to understand why I, as a woman would be wondering IF I should even be considering meeting someone who is a high potential as a love interest, being in my present state ? What was my new guy really saying when he said it didn’t matter if I was over weight?

Any hidden messages in there?

Should I even want to be with a man who could not like or love me as I am now.

Side note, Melt down = have lost 10 pounds in 2 weeks because of the high interest going on between us.

Can’t eat stuff like that .....

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I truly appreciate one mans take on this subject . But I question. Is that the “real” norm for most guys? My feelings are that of almost disbelief on the guy who responded to the women’s weight issue. Are men really that shallow ?

It sounded like to me that he was stating that men are making such a big sacrifice to even consider matrimony that a woman should feel “blessed” and follow his commands, “ya know, since HE IS making such a big commitment”.

Being through a lot of life’s struggles and being in our mid forties. Haven’t we all evolved a little bit more than this primitive way of thinking?

I cannot believe that all men are looking for complete and utter “trophies” to be on their arms. It seems unreal to me.

Mimi, thanks for what you do .. It has helped me be more of who I already am.

A.

**From Mimi – I hope you go through with your plans to meet! And don’t give the man a number of how much you weigh, how much you need to lose, or how much you have lost!**

\* \* \* \* \*

Dear Mimi,

A man whose total perspective is primarily or *only* visual has little to offer to a relationship and is not worthy of a woman’s love! Some men see being married to an “attractive” woman as a validation of their “manhood.” Unfortunately, these rather sad individuals have yet to discover the uniqueness and value of their own individualities. If and when they do, their perspectives are almost certain to change, for they will recognize true stature and the magnificence of a human being who is devoted to loving and supporting another unconditionally. Is not this being truly “visual?”

I battled and lost excess weight as did other women in my family. Our husbands were understanding and compassionate, and their love was not diminished because of the challenges we faced in overcoming this problem. Is not this the measure of “A. Man?”

Thank you for your informative emails.

D.

\* \* \* \* \*

## Shape Up or Break Up?

Mimi,

What about a man that wants a woman to GAIN weight and she's a very normal size? I am 5'9" and 145 pounds (very healthy for my height). A couple of guys I've gone out with have told me that I should put on 15-20 pounds. Mimi, I think I look hot: I have curves in all the right places, I have boobs too (and a very desirable size too). I think those guys are actually nuts. I think maybe they have control issues or are insecure with me being so hot that they want me to get fat. What do you think?

I am very happy with myself. I eat right, exercise, dance, etc. What's wrong with those guys or is it just their personal preference to have a bigger woman?

K.

\* \* \* \* \*

Hi Mimi,

Reading what a man has to say is always welcome, but I'm sure we are all here to receive advise as to how to better ourselves, so to read that we are "too sensitive to hear the complete truth" just sounds very angry and bitter.

If what he says is true in that men fall in love with and stay in love with our looks makes everything you are telling us (besides the red nail polish and skirts) complete nonsense. It doesn't matter what we say or how we behave, as long as we are a perfect 10???

I will say that the weight issue I think shows others how much you value yourself, and in turn then how others should value you, therefore we should all take care of ourselves, Men included, to show others our self respect.

Thank you for all your words of wisdom, always a little boost in my day!

S.

\* \* \* \* \*

I think there is a lot going on here on both sides of the coin. A male friend of mine and I recently had a conversation regarding overweight women. He personally is not attracted to an overweight woman. I asked him what is his primary motivation for feeling this way. He responded, that if a woman does not take care of herself, then how can she take care of him?

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I also think it depends on the man. Some men love big voluptuous women, and others care only about the person on the inside. Overall men are visually stimulated, they love eye candy. But here is what I think is most important, if indeed a man is going to be the love of our lives, and devote himself to loving us, being his best for us which also includes taking care of himself and working out etc., and cherishing us through thick and thin... then what is losing a few pounds going to hurt?

Everyone wants to be attracted to their mate. I am in the process now of working out, and losing weight because I want to feel more attractive for myself, and I know that when I give this gift of health and beauty to myself, then the man in my life will benefit as well. Taking care of your body is a sign of self love, and that is nothing to take lightly. Isn't that what you have been teaching us all along.

With great admiration,

M.  
Michigan

\* \* \* \* \*

This is a great, albeit controversial topic.

I put on weight with my last boyfriend. I weighed 120 and he wanted me to be 110. So I went the opposite direction and got VERY heavy out of depression. I left him and have lost most of the weight. But I am still a little chunky right now.

I am about 20-25 lbs away from looking very attractive again. Unfortunately with the type of men I am attracted to, the extra weight is turning them off. The last 3 guys I have dated with this extra weight have been a stockbroker, lawyer and banker. Plus all 3 are tall, handsome and keep in shape 4-5 times a week. I've wanted them to like me for me, but they have their standards. I am finishing losing this weight and then going to give 2 of the 3 another shot. Why? Because I would be a hypocrite to not to respect that they have preferences looks-wise just like I do.

My friends fed me bad advice and told me to date these guys when I was still looking VERY chunky. All it did was depress me to see these guys trying to be nice and hide disappointment.

The one good thing to come out of it, is that two of these men have continued to be very nice and helpful friends. But recently I took new updated hotter pics of myself and their attitudes have changed. Definitely acting flirty towards me and all excited.

## Shape Up or Break Up?

Men are very visual and a savvy woman uses this fact to her advantage instead of complaining about it.

C.

\* \* \* \* \*

Hi Mimi,

When I read the email on the weight issue it reminded me of this man I met online and who I am now dating. In his profile he mentioned that “if a woman is not physically fit then they- meaning she and he would most likely not be compatible.”

Now little did he know that when we first began to communicate back in February 2007, I was 20 lbs overweight. I had been meaning to get the weight off but had been lazy about doing so. However, a friend of mine gave me an incentive when he agreed to pay my way to another friend’s wedding in Puerto Vallarta which gave me two reasons to lose weight ASAP--one I was dating and this guy seemed like a great catch and two I wanted to look sensational in Puerto Vallarta.

By the time we went on our first date I had lost about 14 lbs simply by cutting out soda, cutting out snacking, and starting a workout regimen 4-6 days a week. When we met for lunch this guy was extremely complimentary of my body and my overall appearance. From this conversation I knew that he was extremely interested in fitness and that this is how he liked his woman.

I wasn’t bothered by it because in all honesty it’s how I like myself and the man I date. He even admitted that he was shallow but couldn’t help it. After he dropped me off saying that he would call on me for another date soon I left him to finish his conference call. An hour later he called me to reiterate how much he enjoyed our time together and how wonderful I looked--that I had a great body and that I looked better in person.

We had a second date this past Friday in which he again complimented me on my appearance and physique. I don’t recall how it came up but he did mention that on first meeting a woman he liked her to be physically fit and that he wouldn’t date a woman who was out of shape. However, he did state that if she were to gain weight during their relationship he wouldn’t leave her because of that--”I’m not that shallow”.

All this to say that if a man puts his cards on the table about this matter I think it is the woman’s choice to be honest with herself about whether this is the type of man she wants to be with. We women do the same thing all the time for example, my preference is fit men 6 feet and above. I am 5 feet 5 inches when a man under 6 feet flirts with me or ask me out my answer is almost always no. I made this choice on appearance and these men can’t do a thing about being under 6 feet. The difference is we are able to do something about our weight gain. So I say, if he is interesting enough and you say you love him or

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otherwise have a great relationship with him why not keep yourself fit and attractive for you and him.

On another note, I think it's important that we listen to our man carefully during the "getting to know him stage," because he will reveal a lot about himself concerning what he likes and doesn't like and if he's worth it, I say fulfill his visual fantasy-it's working well for me. For example, through a phone conversation with this man before our first date he asked me if I prefer pants or skirts-I said skirts in warmer weather and slacks in cold weather. On our first date, I wore pants but I picked up during our conversation that he preferred a woman in a skirt.

This man appears to be well worth getting to know--he is very successful, engaging, articulate, and funny. I had already made up my mind that on date number two and all future dates I would be wearing a skirt and in heels my aim would be to simply wow him and I have. By the way, I have and read **Calling Men**...thank you so much for that book-- I love it and refer back to it often.

K.

\* \* \* \* \*

1. I'd like to refute A man's statement that "this is a much greater sacrifice for men than for women" -- because if we look at the male population, most married men have big bellies and balding (and their wives too have become fat and matriarchal looking). I think that "the sacrifice" is mutual and it develops and grows along with age and time. A couple truly in love are willing to weather it out TOGETHER through life's aging process and protect each other from the world as in "You and me against the world" -- which means raising children and securing a safe old age.

2. The big question is: "How long is A Man willing to love his wife or girlfriend?" -- only for as long as she is thin and pretty -- after time and age -- he will dump her for a younger girl -- while he himself have become bald and podgy?

J.

\* \* \* \* \*

Mimi -

You have no idea how I lived for 25 yrs - My weight was my reaction to his actions-i.e. staring down great looking girls with hot bodies - I am now divorced lost all that emotional weight and am soooo hot, he starting circling me again... Well buddy, too little too late, I'm having the time of my life with unbelievable guys treating me like a queen.

P.

## Shape Up or Break Up?

\* \* \* \* \*

Dear Mimi,

I read the note from A. Man with much amusement since it sounds very much like a man I dated briefly since my divorce.

I married quite young and was married for 16 years and went through the usual battles of setting up a home, advancing careers and having kids. In the latter part of my marriage I became a bit chubby (hey... I can be gentle on myself) and my husband, whose stomach had long since traded in his six-pack for a hell of a keg, nagged endlessly at me to lose weight. Which I did (he did not return the favour but I loved him all the same). Then came the accusations that I was having an affair!!!!

Long story short. He went off on business for 7 months but came back and on New Years Day and moved in with a young lady, 22 to his 40 that differed from me like chalk and cheese. What really nailed me like a 10 pound (no pun intended with the play on weight) hammer was that she was three times my size prior to my weight loss!!! Since this little incident I have noticed in shopping centres that svelte women are a dying breed.

Sad but true, (from a health perspective) but I also see happy smiley rotund women walking around, some with gorgeous, others not so gorgeous, husbands/boyfriends.

A. Man can stand on his soapbox and tout the visually appealing argument as much as he likes. My ex husband proved to me that not all men are shallow enough to want trophy wives/girlfriends. My, now ex boyfriend on the other hand dumped a girlfriend because he had to switch the lights off, if you know what I mean. When I asked him about this he had the whole "men are visual creatures" theory. So. Even men generalise about men.

Where does it leave us women? To fat for one lot and and too thin for the others. I give up!

J.

\* \* \* \* \*

Dearest Mimi,

I agree with you!

My boyfriend has a six pack and used to work out all the time. I never have. Now, I have always been very active - I hardly ever get to rest! I am 5' 2 and 115 so I am not over

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weight, but as a surprise for my boyfriend, I decided to start working out a few months ago.

Well, I had a trainer and did it so intensely that within two weeks one could see the outline of my abs quite well! When my boyfriend saw this (I had to show him- I was too excited) he was actually disappointed! He told me that he loved me as I was and that he didn't really want me to work out for him. I was stunned! I thought that men were always only visually attracted to women! I was trying to look like a model and he didn't want that at all! I was very wrong. He wouldn't care if I gained 30 or 40 more pounds, Mimi.

I do want to comment on something concerning the man wanting her to make a commitment about not gaining much more weight and how she has a lack of motivation. Part of the respect my boyfriend and I have for each other consists of taking care of our own bodies. That is a good thing! I would not be as physically attracted to him if he was 300 pounds, but I would still love him. His personality wouldn't change and I am attracted to that. I agree that it may have a lot to do with motivation, though!

I am someone who needs a partner with motivation and that sounds like what her boyfriend is like. My boyfriend and I do not sit around and watch TV, we do not eat junk food - we both love to cook and eat a good breakfast and fruit is the best snack ever! I do have a sweet tooth, but I don't make that available for me in the house because I know I'll eat them and want more.

We don't smoke, but we do drink- water, milk, cranberry juice and an occasional glass of wine at a banquet for a toast. He and I both have over a 3.5 average (we're both in college) - and we both have learned another language fluently (He Spanish and I German)!

We are both very motivated to stay active and healthy. I have motivation because I want to do it, but, I would **not** break up with him just because he gained 50 pounds and vice versa. That man is not really in love with her. My boyfriend and I have been together for almost a year now and I'm still as much in love with him as the day we met. She should wait for a man that is as much in love with her on the inside.

I love getting your emails, Mimi, and I look forward to your next one!

Best Regards,  
S.

\* \* \* \* \*

Dear Mimi,

This is the first time I've read on this subject from you. I am divorced for the past 2 years, and have lost 25 pounds and work out daily. I understand that men are visual, but

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something this guy fails to bring up happened to me in my marriage. I was not as strong as I am now, and when my now ex-husband didn't treat me well, I turned to food for refuge. I gained weight, and looking back, I know I didn't look my best. However, most men do not realize that they have a large part in how their wives feel about themselves, and put-downs and name-calling when a woman gains weight definitely does not help!

Another point I'd like to make from the vantage point of being divorced. While I enjoy a good looking guy, I am more interested in who he is emotionally and mentally, and how he treats me. However, in dating, I notice that a lot of the guys my age are balding, paunchy, out of shape, and almost gross, but they all want a woman who looks like I did at 22 -- 36-24-36 with no gray hair! Come on! Reality check! Don't they ever grow into maturity and realize that we all age, like fine wines??

M.

\* \* \* \* \*

Most men are not emotionally intelligent enough to diagnose the real reasons a relationship has lost its spark. Therefore, they will single out a "problem" that requires little change on their part. A man in love does not lose desire when a woman gains weight.

Recently, I have gained weight, my boyfriend has taken the lead in solving this problem by planning dates to walk and exercise instead of eating in restaurants. I hate exercise and lack the discipline to push myself, but yesterday, while walking by the river, we came across a steep flight of concrete stairs that led from the river walk to the street.

While following two steps behind him, and seeing that he was heading for the stairs, I said to myself, "Oh, crap!" But when he took my hand and said, "Sweetheart, you can do this," we ran the stairs together, hand in hand, no problem! Mimi, this guy is not a really sensitive caring type by nature so why is he doing it this way...he's in love!

K.

\* \* \* \* \*

Hey!

I find this 'weight' issue quite confusing. How can a man (or woman) expect their partner to stay the same weight throughout their whole life? Weight fluctuates and if your partner

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left you for that reason (you don't look attractive anymore) he never loved you! Love is an inner connection. So if your partner gets old and starts developing wrinkles you'll leave him/her? I am sorry, but that's ridiculous.

I think that if your partner really loves you then he/she would never want to hurt you by saying how unattractive you look due to your weight gain... You shouldn't go for looks because they won't stay with you or your partner throughout your lifetimes, go for that special 'connection' you feel with that person, because that is the thing that will last FOREVER.

A

\* \* \* \* \*

Hello Mimi,

This is very interesting topic since weight had been a spooky issue around women. And I relate this to your previous email about how it's great to love ourselves then I come to the conclusion that women who can not control their weight are women who definitely do not love themselves. Remember that we're not born to be fat, so gals love yourself and lose your weight in a healthy way can make your heart, brain and body healthier, I know it's not easy things to do but if you start to control your weight in early ages, I am sure you will gain benefit.

Step aside what guys saying, they can say whatever they want because you can live with or without them, be tough! Only a great man deserves a great woman.

Thanks, Mimi.  
Cheers,  
I.

\* \* \* \* \*

Dear MiMi.,

I read his letter and it made sense when I thought about it. I agree with him almost completely. But not quite. He said men made a bigger sacrifice not to touch other women when their woman got "less attractive." Well, what about the beer bellies and the nose hairs and ear hair, and the bad breath that comes with age... all of these things women have to look forward to.

Men are not the only ones who make sacrifices and I think it's ignorant not to see that. Women make the same vows as men and we also abide by the same ones. Women have

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urges to cheat with an attractive man, especially when their man is overweight etc... And the other man seems perfect. To think any other way is ludicrous. I agree with both sides of this topic. both men and women should keep up their appearance... but not for their partners, for themselves. It makes you feel good when your partner tells you that you look nice and you know you do. When we take the time to be proud of our appearance, we feel better about ourselves, don't we? I know I do.

E.

\* \* \* \* \*

Hi Mimi,

Thanks for tackling issues that really are difficult for some women to face. I have recently lost about 38 pounds (and not only lost the weight, but worked out to give me the best shape I have been in my whole adult life). I gained weight 10 years ago after a life-saving treatment with steroids, and just could not get the pounds off until I really committed to it.

Long story short, I rarely got attention from men, and not the ones I wanted, when I was heavy. Now I can get a date without any trouble at all, and have dated some very attractive men this past year. I even went on a date with a very buff, handsome 23-year old, just because he told me how attractive he thought I was - Mimi, I turn 42 next month!!

So even if women think it's shallow, and that they should be valued for what they have on the inside, the bottom line is, you give men so many clues as to who you are when you are heavy.

When you take good care of yourself, it shows in so many different ways. I know I am not at all the same person now that I was two years ago. I have so much confidence, and I approach people with a much sunnier attitude now. Does that mean that all heavy women are not sexy? No. But a woman who lets herself go when she is with a man cannot expect him to feel the same level of attraction as before. Sorry, that's just life. I view men the same way. Anyone who cannot take care of himself and make working out and healthy living a priority is not going to attract me, either.

I'm glad I get your emails...sometimes what shows up in my mailbox is exactly what I'm going through with a guy at that time, so sometimes I wonder if I'm being followed! Thanks for all your good advice....my mom would love you!!!

J.

\* \* \* \* \*

## Shape Up or Break Up?

### Part Three on Losing Weight to Keep Your Lover's Interest

Dear Beautiful,

Here is more from my mailbag about the man who wants his almost-fiancé to lose weight or else he's not able to commit himself to her:

“Hi, Mimi,

“I enjoy reading your e-mails - they're better than celebrity gossip! All I have to say to this woman is that she should dump him. But be VERY STEALTH in making sure that, while breaking up with him, that she tells him, “y'know? I understand that you have ‘standards’. So do I. I expect my man to love me for me.” Then dump his sorry butt! His loss!

“Cheryl”

Thanks, Cheryl, that did my heart good to read. You make me feel like saying “Yeah!!”

Here's more (and I am saving all these...)

Hi Mimi,

Thanks for this insightful email from a man. Please could you post more male views so we women can see what really goes on in their heads?

So what does it take for a man to look beyond the exterior? Any advice ...as I am not feeling too good looking.

Thanks,  
K.

Thank you, K., I want to encourage you to take action and do things which make you feel good-looking.

\* \* \* \* \*

This is from L., a longtime flirting student.

Hi Mimi,

What I am going to say isn't going to be popular with women. But I am very overweight,

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and I have made a promise to myself to not whitewash the situation anymore.

The truth is that I myself am very visual. When I am looking for a man, I am not attracted to one that is flabby and overweight. He doesn't have to be a Greek god, but I DO have to like how he looks.

I am a very sweet, sexy, and sensual woman. However, I have eyes, and I AM turned off by the excess fat that I see when I look in the mirror. How can I expect a man to only be concerned with my inner beauty, and ignore the rest?

It doesn't mean that I am unworthy of love. It doesn't mean that I am a worthless person. However, I can look at myself with full honesty and say, "Hey this really isn't cool and this is not the best I can do and be."

I think you hit the nail on the head when you said maybe SHE herself isn't as attracted or happy to him. Another way to think about this though, is WHY a woman allows herself to get overweight in the first place.

For me, it is subconsciously a way to put up barriers and not let anyone get too close. Of course I want love, and to be in a relationship. But at the same time, I have issues of trusting men, (people in general actually) and so my weight now does for me what my huge, oversized coat did for me when I was a shy 13 year old girl who sat in the back of the room, refusing to take off coat, with arm crossed over my body and head ducked down.

Weight is a way to keep people at a distance, and at least on a subconscious level, men know this. I think it is extremely superficial of the WOMAN to think that excess weight is not an issue for men.

Men want to feel proud to be seen with their woman. If a woman is fat, she probably does have some emotional issues. She probably isn't happy with herself, or her circumstances.

Of course I am talking about being obese as opposed to a few extra pounds. I think this man does love his fiancée, but he knows himself, and he probably knows her pretty well also.

Weight is symptomatic of so many things. For women to just get upset and claim he is just a superficial jerk, only shows that they really DON'T get what attracts a man.

I do not know how this man approached his fiancée, and how loving a tone he used when trying to be open and honest with her.

It is NEVER okay for a man to be hateful or rude about it. But as women, we do need to realize that ALL of us respond to beauty and shy away from things visually that are ugly. No matter how you slice it, flab and fat is ugly.

## Shape Up or Break Up?

I honestly feel that in order for us to be happy, that we need to look as beautiful as we can, for ourselves, and well as the men we love. It shows that we care for them AND ourselves.

That being said, I fully expect the man to be aware of his own appearance as well, not flabby or sloppy, and his butt crack hanging out. LOL ;0)

Thanks.

L.

Dear L-girl, thank you again. Great email here. You're mighty brave to say these things, and yes, this is one very tough and touchy subject.

It's a BIG issue you know, at least that's certainly true in the Drive-Thru USA. I've been thinking about this - as I pulled out of the drive-thru line at Starbucks, I was thinking that in some cases many of us women would indeed find it easier to promise undying fidelity than to promise that we won't gain 15 pounds over the next 40 years.

We KNOW we can handle fidelity, but staying slim can be more challenging (particularly during and after pregnancies).

But I can just hear some guys thinking: "Women have less of that 'drive' than men." I really don't think that's true.

"If a woman gains the 15 lbs then she won't have anyone trying to tempt her to cheat anyway..."

Not necessarily, amigos.

Please keep your responses coming - I'll be sharing them! I have a huge number of responses and they are all very interesting reading. Thank you all so much, those who took the time to write in.

More comments from readers on this ongoing discussion are here:

\* \* \* \* \*

My addition to the weight issue and commitment. "What will happen if and when this lady becomes pregnant? The worst scenario: Scott & Laci Peterson."

M.

\* \* \* \* \*

## Shape Up or Break Up?

This is an interesting discussion. I think it comes down to whether you feel that weight is something you can control and work on or if it a matter of being too difficult and your metabolism prevents weight loss without misery, thereby you should not be judged for it.

I think that Mimi said that men don't expect you to be beautiful but they expect you the best with what you have. For some women that would be hair, make up and clothing and looking the best they can but not attempting weight loss because they are satisfied with their weight or it is simply too difficult. But a man could feel that part of doing the best she can is trying to stay in better shape.

I don't think there easy answers but it seems it is better for women who struggle with weight to be with men who are accepting of it and are attracted just the way she is. Some men are extremely attracted to the ample figure - an attractive well kept woman is attractive no matter how much she weighs. Although some men have a weight standard and simply feel attraction no matter how beautiful a woman is.

I did read an article where a man said that men feel disrespected if a woman lets herself go in the weight department because she is essentially saying it is not important to look good for him. I argue that though because I believe many women feel that hair, makeup and clothing and style are what make a woman attractive and weight is a non-issue if she is well groomed and well dressed. And it is true that many women will spend hours on manicures, hair appointments, finding the right outfit, doing makeup but will spend very little time in the gym because it is simply not a priority to her. It seems like it is a different standard of what is attractive and what needs the most maintenance and time.

S.

\* \* \* \* \*

Mimi,

I've been reading the e-mails you've shared, back and forth from men to women, and I can't NOT say anything. Not that I know what to say, since every e-mail has both helped and offended me somehow.

I'm overweight, I know it, I've accepted it - I've been through the diet and exercise yo-yos, and I've just acknowledged that I will keep fluctuating and I will never be 'thin'. And I like that, too, because I am still beautiful, and to say something like "Flab and fat is ugly" is simply untrue. Because beauty can be anything, if I may speak philosophically.

And all I know is, I've rejected more guys than guys have rejected me, as it so happens.

I do agree with the last letter, about putting up boundaries and shutting people off. Yes, I do that as well, but I have learned to be open and accepting when I choose to do so,

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despite my weight. I refused to wear shorts or sleeveless shirts for years, but I've thrown that idea away. I put off doing things until I lost so-and-so amount of pounds. But I hit a point where I thought, Come on. I'm not going to stop living because I'm bigger than my girlfriends.

As long as a woman loves herself and cares for herself, she should be with a man who does the same to HER and to HIMSELF. That's as simple as it is. If he can't deal with you putting on 10, 15, 20, even 30 pounds, whatever, then he needs to be doing the re-evaluating.

And I care for myself. And if I am 'overweight', so what? It's my prerogative to do what I like with my body, despite what I 'should', or 'shouldn't', or despite what's 'attractive' and 'ugly'. If I want to dye my hair green, I can do it and still be beautiful, and STILL find a guy who will love me just as if I had brown hair.

I'm just sick and tired of people saying what you should or shouldn't be. I hear you say 'he should love you no matter what', but then you say, 'you need to take care of yourself, though, so it's partly your fault.' Nope. It's not your fault. Do what you want. And if he asks why you're on the couch watching TV with a plate of cookies, throw the plate at his face and tell him to get out. We have enough pressure in our lives. We don't need pressure from other people about how we should feel about our bodies.

This isn't a letter about flirting or romance. This is about loving yourselves! I know we're all here because we want help with men, but loving yourself is the first step. So do it! That's my piece.

K.

\* \* \* \* \*

Dear Mimi;

As a pleasingly plump woman with some serious health issues (diabetes, with probable arteriosclerosis and being over 50) I can assure you that SIZE is of little consequence in matters of love. I am very active and very happy with my man and who is skinny himself and tells me he loves me EXACTLY as I am and doesn't care about that at all (though I in fact do worry about it).

What I have discovered and seems to go unnoticed is that beauty is not cellulose deep! Fat IS ugly and I don't like being fat. At one time (in my teens) I threatened my health seriously by not eating at all, for two weeks!

What I do know is that your emotional well being should NOT rest upon your physical appearance except in the sense that you are PROUD of whom and what you are and that

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you are doing your best to take care of your hygiene and health. THAT is what is primary in my book!

I am in love with and have been told by THE man of my life (although actually there are two...but that's another chapter!) that I am the best thing that EVER happened to him (I am four yrs his senior) and he loves me and will love me no matter WHAT my size OR WHERE I go (I travel for work) he considers me completely sexy at THIS size and THAT is the right thing to hear if not the right thing to say!

I feel completely confident that I will be able to lose my excess weight that endangers my lifespan (I am about 20-30 lbs still from my target weight) and will conquer all of my physical problems and I am shining in the light of the fact that I know I am loved and am lovable and am a smart person not to mention the best thing that ever happened to two of my ex-husbands and THIS guy too!

Signed,  
Finally fantastic

\* \* \* \* \*

Hi Mimi,

I have to agree with L-girl. It is a touchy subject, but I think that any female who can say looks aren't what initially attracts them to a man....is lying!! The only difference in opinion I have is that people (male and female) have their own perception on who they find attractive. Some like tall people, some like short people, some have preferences on race, some like slender people and some like bigger people. You can always find someone who will accept you for you!!!!

I will leave you with this thought before I end this email. I was watching a show one night that was counting down the top 10 X-rated purchases in the United States. Yeah yeah, I was bored. lol The point however is that the #1 X-rated items bought (by men) in the US involved very big (obese) woman. So apparently it is a major turn-on for a lot of men. Thank you.

S.

\* \* \* \* \*

It's sad to hear someone talk about how her fiancé won't marry her unless she loses weight. I wouldn't be able to stay with someone like that, it hurts your self esteem and I would much rather love myself than love someone who wants me to be a certain way. What if she (the writer) loses the weight but then she has a baby and gains more weight?

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What would he do? She really needs to sit down and think about this before she makes any decision about marrying him.

I was 115 lbs when my husband and I started dating. 4 years later I was 160 lbs and we got married. I went up to about 225lbs, and not once did my husband tell me to lose weight or that I was getting bigger, nothing. He said to me that he didn't even notice me gain weight until on day when we sat down and looked at pictures of when we were first dating. Even at 225, my husband would tell me how great I looked almost every day. I have now lost a lot of weight but because I did it for me, to look and feel better and not because my husband asked me to.

I disagree with L. when she says:

*It is extremely superficial of the WOMAN to think that excess weight is not an issue for men.*

*Men want to feel proud to be seen with their woman. If a woman is fat, she probably does have some emotional issues. She probably isn't happy with herself, or her circumstances.*

Because I have found a man who loves me for me. Even at 225 pounds, he would bring me to meet his new friends, co-workers anyone, and he would always say "to show you off". At 225 lbs, I didn't feel sexy or good looking, but my husband made me feel like I was the hottest woman in the world. When I made comments about my weight or how big I was, my husband would say "Honey I see you the same as when we first started dating."

It sounds funny but it actually made me a little mad once when he said that because I was like how do you not see the 110 lbs I have gained, like how could he lie to me? But now I see that he really loves me for me and he really doesn't care about my weight.

My husband has never been attracted to big women, which goes to show that when someone really honestly loves you they really don't care about your physical appearance. Not all men are like that though, but it would be nice to see more men like that.

E.

\* \* \* \* \*

Mimi,

I would like to share some insight that I was able to gain from my husband on this topic. We have discussed my weight in the past and I would become defensive and hurt and I felt that if he REALLY loved me then he would love me no matter what.

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I would argue with him that, what if I developed some condition that I couldn't help and it changed my appearance and I wasn't "attractive" to him anymore and he would try to explain to me that it was different. I would be hurt, he would be frustrated and there was a serious rift in our relationship.

We have done a lot of work in our relationship after almost ending our marriage and we were finally able to get past the feelings and really discuss the core of the weight issue and from the original email from your reader, it seems as if he is trying to say the same thing.... my husband felt de-valued because I had no interest in being the best that I could be for him. He felt that I didn't think that he was important enough. He said that it wasn't actually the weight and that he had no specific expectations about how small I should be. It was the fact that I was putting absolutely no effort into being the best I could be.

So here I was, arguing that if he truly loved me, he would accept me just the way I was; and he was trying to tell me that if I truly loved him, then I would want to be the best person... inside AND out... for him. My failure to put out an effort made him feel that I considered him unworthy of my best.

When I was finally able to put aside my hurt and really hear this from him, it completely changed the dynamics of our marriage. I have lost some weight, I eat healthier, I exercise and sometimes I slack off a little (a treat here and there or a lazy week due to stress). I lose weight sometimes and sometimes a pound or two comes back but I am using your tips on looking good and honing my flirting skills with my husband and now he flirts back and feels loved and valued.

I guess, my long story short here is that maybe men aren't always superficial and maybe they just want some reassurance that they are "good enough" for our best.

Keep all this great stuff coming, Mimi!!

F.

\* \* \* \* \*

Dear Mimi,

I have been reading your mails for sometime now. Well I think people need to investigate more on the issue of weight.

I will take myself as an example, I usually gain a lot of weight when am happy and everything is going on well even if am on or doing exercise. So there is really nothing I

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can do to control my weight when I'm happy. I even had to come a conclusion that my weight does not depend on the food I eat.

Plus I believe, love has a lot of contents not only looks. If a man really loves you, he will continue doing so no matter what change is in your body because we have so many qualities apart from the body. We have eyes, lips, nails, hair plus the the most important one our inner being; these are enough qualities to make a man continue being in love with us when we have some changes in our bodies.

I don't believe in changing our bodies for men, since it's obvious that there some changes that can happen that we might not be able to reverse. Let's say that you get a terrible accident which will go with your leg or hand, that is you'll have to use an artificial one; do you really think that a man who could not stand a slight gain in your weight can take such a big change? Coz it's obvious that you are not going to be the same.

I thank God that I have a man who takes me the way I am and appreciates me as the way I am no matter what the change. He is there with me during the time when I gain weight and he was also there for me when I went through a very major change(which I would like to keep), the thing is I am not as I used to be but that has not made him lose attraction to me.

I still insist that love is not just about the look, if one is so concentrated on looks, that means that he doesn't truly love you.

M.

P.S. I'm sorry if my English is not so clear. I come from a country where English is not our first language

\* \* \* \* \*

### **Another male point of view:**

Mimi,

Men are very visual; I know that does not come as a surprise to most women. From reading your e-mails and talking to several women they finally admit that they too are visual. Why even I and my 13 year old daughter were discussing her taste in boys the other night (talk about a learning experience).

So let me ask you women a question? Why wouldn't you want to look your best for yourself? Why do women sabotage their health by doing things they know for sure are very bad health wise (smoking, illegal drugs, not exercising).

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I have been told several times by women that they want a man who is confident, happy, has a definite plan for success, who has strong morals, funny, very active (not a couch potato).

So women if you want all of this, then isn't it reasonable for men to want the same thing out of their girl friends or even their wives? You women don't want a fat slob man, who is lazy and has no plan or even worse doesn't want to work. He is too lazy to go to the gym or work in the yard or go walking. Also don't you want a man who takes pride in his car, his house, and above all, his body?

If your answer is yes, then ask yourself this question, ladies, "Isn't it reasonable to expect my "Significant Other" to want the same thing out of me?"

But don't do it for him, do it for yourself. Do it because it is what YOU want to do to improve YOUR health and well being. Then you will be amazed at all the attention you will receive from other men.

-- The inner game man

\* \* \* \* \*

Hi Mimi,

I just wanted to say to the reader who did not feel so good about herself, and perhaps other women who are reading this who are in the same position:

I know EXACTLY how you feel! Up until very recently, I used to feel the same way myself. But then something amazing happened to me: I began to belly dance. This kind of dance is AMAZING. It is MADE for women to feel good about themselves. Not only that, it's a good way to get your heart pumping! But, more importantly, when you feel your body move to the beat and SEE yourself, you think, Holy cow, I am SEXY!

So I am encouraging to try belly dancing! It's fun and easy to learn, and makes you feel spectacular about yourself!! =)

~C.

\* \* \* \* \*

Dear Mimi,

Oh this weight subject is very....well weighty, lol. I'm a size 18. I've been dating for a while and have had quite a lot of success at it - thanks in great part to your flirting

## Shape Up or Break Up?

lessons, which have helped me value myself for me and in putting my best foot forward which is attracting a lot of men.

With that said. I'm on a couple of dating sites and I put my full body picture on each one, I don't want to hide who I am and I'd rather not deal with anyone who is not comfortable with my physical size. The most astonishing thing happened, really great-looking men were chatting with me and asking me out. Great looking, very fit (read not overweight) men.

At first I was thinking in my head, OK where is the catch, but I've gone out with a few and they are genuinely interested in me - mind, soul and yes body too! It's just so ingrained in us that fat is ugly and we are all supposed to look like models to have any success whatsoever. Thanks to these great guys I really have begun, yes just begun, to realize that perhaps, beauty IS in the eye of the beholder and how a woman feels about herself can make her someone to behold.

I sometimes want to ask the guys I'm dating, hey, you do realize I'm fat right? But I don't. I don't because I remember something you wrote about not telling men about all your flaws. Yes, I saw my weight as a flaw and perhaps it is, but we all have flaws, including the men.

Yes, eating healthily and staying fit are important to our lives, and I still struggle with and try to improve my health and weight. I truly wish I were better at it, but thanks to these gentlemen I have begun to see how I stereotyped myself. How brain washed I was. I agree with the woman that said she uses her weight as a shield, I do that as well. I am encouraged, however, by people who saw more in me than I did. We all have our personal preferences as to what we find is beautiful, but everyone is different, and just perhaps our differences are NOT quite the flaws we thought them to be.

I don't know if I expressed myself very well here, but it was such a personal growth moment for me and you helped get me there and I just wish to thank you.

Smiles,  
A.

\* \* \* \* \*

Hi Mimi,

I love all your mails... and have learned so much from them !!

I am a curvy, sexy, attractive woman ( I am told) I am single ( divorced) I am not in a relationship...

“L”... is right I think when we keep the weight on !!! It's a protection... from getting

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close and trusting anyone !! It struck me....just when I read it... (even although I have known this forever.( Subconsciously)...

But I would like a partner..so now I will work on this issue with myself...Thank you soo much "Mimi" for all of your very informative info..and mails.....I look forward each day to reading them..

Thanks,  
T.

\* \* \* \* \*

Hi, Mimi!

I'm enjoying this topic tremendously. Having once been engaged to a guy who got fat and lazy after we got together, I can tell you though I'm a woman, like many men, I find it hard to be attracted to someone who lets themselves go physically. Though I do think the inner self is most important, to have a sexual relationship with someone, I want a nice package. He doesn't have to be perfect, but he should take care of himself.

My boyfriend now has a stomach that's doughy but he takes good care of himself by eating well and getting lots of exercise and I find him VERY sexually attractive. My ex made no effort and got angry at me when I suggested we exercise together and eat less junk food. He said I should love him for him. I did, but the lack of sexual attraction helped eventually kill the love and changed the love so he was like a friend, not a lover. I just couldn't enjoy making love with him after a while, especially when there are so many attractive men out there who do take care of themselves.

I ended the engagement, partly because I couldn't bear the thought of spending my life with someone I didn't enjoy sexually anymore. I think we should all take good care of ourselves (and this does not mean we have to hew to stupid media standards of extreme skinniness, breast implants, etc.). We don't need to be perfect, but we should make the effort to look attractive for life, no matter what our age - not thru starvation or plastic surgery, but good basic nutrition and grooming and regular exercise.

Even elderly women are considered very sexy by many in France and other parts of Europe, and I think part of the reason is that French women always try to be alluring - not in a pathetic, needy way but just in a way that makes them feel attractive for life, namely by walking a lot, eating smaller but healthier portions of food (they have indulgences but balance them out with lots of healthy food) and finding her own best look.

I don't think everyone needs to be skinny, but we should try to be in good shape. The average American diet is not healthy and needs to improve. If we all more natural foods, I think many Americans would feel much better about their appearance. We can't eat

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chemical-ridden sodas (diet or not) and deep-fried foods and expect to look great. If I ever get married, I plan to look great for each stage of life and I hope my husband will make the same effort to look sexy for me.

Sincerely,  
K.

\* \* \* \* \*

She should tell him to get lost, I know plenty of chubbies (AND BIGGER) who have wonderful hubbies who are crazy about them and DON'T CHEAT. In spite of internet dating mindset, women are not commodities that you pick off a rack according to taste.

If he doesn't value her for WHO she is, she should find someone else who does - STARTING WITH HERSELF!!!! If she gets rid of the critical loser boyfriend, maybe the weight will just fall off!

L.

\* \* \* \* \*

Hi Mimi,

I just wanted to say "right on" to L. She is so right. Some women make soooooo many excuses to be overweight. I have heard it all. "I've had 3 kids," or well let's just say I've heard it all!!! Guess what? I've had 3 kids too!!! Yes, I gained a pretty pound or two during pregnancy, but with diet and exercise I lost it. My husband never said anything to me, but I knew he was thinking wow baby's got back!!!!!!

I'm back down to my regular weight, which is about 125lbs. It's not that hard, ladies. I absolutely do not think that this guy is a superficial jerk. He sounds like a very honest person. Would she rather him not say anything and slam her with "I'm leaving you because you don't take care of yourself" At least he was man enough to tell her before it came to that. I know a lot of you will disagree, but nothing will change my mind on this.....Get up and get in shape, you'll feel good about yourself and your hubby will respect you for it

J.

\* \* \* \* \*

## Shape Up or Break Up?

How are you?! I find the issue very interesting ..

Although the man makes great points, I have a different interpretation of everything ha,ha,ha. I think most men are visual, genetics makes them look for women who have good genes so as to have healthy children etc

Women yes, I , agree with him USUALLY, look for character because of our genetics.

Now, what I don't agree with is this. Commitment is difficult for anyone who is not ready to make a commitment. Regardless of the gender.

How many women do you know with a relationship "itch"? I know many!

A relationship -  
Roaming around  
And getting married is not the same thing....

That "sacrifice" should feel like a Blessing.

I think men and women are Individuals who behave PARTLY because of their genetics ..and PARTLY because of their personalities.

Thinking of a man as Superficial because he is attracted to a body type or whatever is like a man calling a woman Materialistic for wanting a man with a good job.

It is what we are supposed to want ....genetics

M.

\* \* \* \* \*

Dear Mimi,

This is my first time writing in so excuse any mistakes :) The letter from L really touched a nerve and not in a bad way either I totally agree with everything she said. I am overweight also and have used weight not to get close too anyone but unfortunately did not come to this realization until I was in my late 30's and at 42 I am finding it a little harder to lose the weight and break emotional habits of a lifetime but I am getting there.

No matter what we tell ourselves we are all visual creatures and if we were honest no matter how successful or intelligent you are the first thing that a person sees is your appearance and usually if there not attracted to you they are not going to stick around to find out how funny,smart or a good person you are and if they do stick around your obvious emotional problems will run them off soon enough if not dealt with.

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I am not saying that this fits all situations but if you don't like yourself How do you expect others to like you? And let's face it no one who is obese likes themselves no matter what you see on TV.

I guess what I am trying to say is no it is not right for men to judge women or women to judge men based on looks but that is the way it is so the key is like L said, make yourself as attractive as possible and if that means losing 10 lbs or 50, that is what we need to do but part of that process is losing that emotional weight also.

When I was younger I blamed society and our culture on my not dating a lot or my distrust of people while this has some influence on peoples view of less attractive or over weight people I can no longer delusion myself any longer and am working on improving myself emotionally and physically.

I cannot hope that one day people will not be this way so it is up to me to change. It is hard and may take a while but I am determined not to be a victim any longer and to get out behind this barrier I have erected.

Thank you,  
A.

\* \* \* \* \*

Hi Mimi,

So much talk about fat and flab. How about facial appearance? Are men more particular about weight than wrinkly aging face?

C.

\* \* \* \* \*

Mimi,

We all know that men are visual creatures. Why else would we go to all the trouble we do to look good for them?? Why is it that some women think that once we get married we don't need to bother? The fact is the men ARE visual - they are attracted to the physical appearance of a woman, and can become un-attracted when we stop worrying about how we look to them.

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When men are asked to list the characteristics they look for in a long-term partner, personality is #1, but good looks is #2. It is a very important part of who they are. It is well and good to say he needs to love me for who I am... but at the same token, you need to love him as HE is: visually stimulated. You cannot change this.

M.

\* \* \* \* \*

Mimi-

I was going to leave this topic alone, cos it's emotionally charged for me, but I just have to put in my two cents--or my two pounds, in this case.

I understand about men being more visual than women, and I understand that we should all try to take care of ourselves. What worried me about this situation is that I think he made her feel unloved, and that is NEVER good. I have had a problem with my weight since I was 18, so I KNOW how hard this is to conquer.

Instead of giving her an ultimatum, why didn't this guy say, "I think we BOTH could eat healthier and get some exercise. How about we have a salad for dinner tonight, and take a long walk? Bring some sneakers with you so after dinner you can change and we'll walk and talk instead of having dessert?" Or, he could have bought them BOTH a membership at a gym, and they could have "work out" dates. NO mention of this guy's level of fitness, is there? A loving, caring man would have offered her support and assistance in getting in shape. For all we know, this guy is eating cheesecake and french fries while lecturing her about her weight problem.

The man I love to pieces got me started on a MAJOR weight loss--I am down 133 lbs from my highest weight! How? Did he tell me to get thin or else?? No--I told him I just was tired of losing 75 lbs and getting stuck on a plateau, and he said, "I can't believe there is ANYTHING you can't do if you try your best. You know how to diet already, but you don't know how to exercise. If I help you with the exercise part, you can do it. Will you let me help?"

I did, he did, and I am like a DIFFERENT person. Oh--I wasn't in love with him when that happened. That's how he got to me. Being kind and supportive. NOT giving me orders to shape up!

A.

\* \* \* \* \*

## Shape Up or Break Up?

Dear Mimi (and the other letter-authors as well),

I've read all the correspondence with a great interest, and I think there is a lot of truth in the men's opinions.

But first of all: K.'s guy of the first e-mail who is claiming that she will become fatter than now - does he have a perfect body? And what about his character traits? Is she still really convinced that he is her "Mr. Right"?

The following text is especially for K. who has written the first e-mail: Here in Germany we have a poem like that: "First of all, everybody shall sweep in front of his own door." This counts for both sexes, male and female and there is nothing to add.

And, dear K., why don't you begin without saying one single word to him to lose weight and wait what will happen? This might be a test if only the 20 lbs disturb him you have gained since your knowledge or if there is another reason behind. BTW, 8 months are a very short time to see if two people fit together for a lifelong marriage. I'm sure you can wait another 8 months with your decision if you really want to marry him or not.

You can ask him with all your self-confidence if he can do you a favour and support you to hold at least your actual weight. Try to convince him that his support will motivate you. Don't promise him that you will lose weight but do so secretly if you can, and see how he reacts! And if he agrees - if you really lose more weight, perhaps even the 20 lbs. you have gained since 8 months ago, sell it to him as both your successes! If he really supports you he is probably worth to be married by you! Be patient with yourself at first.

I.

\* \* \* \* \*

### **Another Man's point of view:**

Dear Mimi,

Thanks for your daily e-mails which is worth than mom's advise.

A woman or a man of course will have to take care of their appearance and good look to start a relationship, to continue same and finally to get marry and to live happily. Not only men leaving woman just because they get fat but I know women who deserted men just because they become fat and bald headed. Unless otherwise you find the so called 'true love' which is existing but very difficult to find, in which the appearance, or what ever will not be a matter for a breakup everyone has to keep an sharp eye on their own appearance and it is totally reasonable and natural to loose attraction when less attractive.

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One more thing, we all are not same. There are some men who love and attracted to fat woman and same way with women. The appearances and born structure is something given by Universe to make a difference to avoid the world becoming so boring.

So the fat woman over there just don't get panic or desperate but be cool and find a guy who loves to be with a fatty !!!!!

Thanks Mimi, and awaiting your e-mails everyday.

Frank

\* \* \* \* \*

Dear Mimi:

I have a mixed view on this topic. First if a man wants his woman to lose weight or he will not marry her, HE should be aware that she can lose weight BUT she can also gain it back, so ultimatums are basically 1/2 of the manipulation dance between men and women. I agree if she were happy she would already be losing weight and trying to be the best she can be. And at the same time, if she were over weight when they met, he liked her like that so he should examine why his feelings have changed. (His fear of commitment?)

As for weight gain in a marriage? I was 135 and a tri-athlete when we married but I also told him I had a health condition that would debilitate me over time and I would not always be thin and active. He begged me to married him for his medical benefits anyway, he liked a woman with a little more curves.

That was 11 years ago this week. He left me after we celebrated 9 years of marriage for a woman who was far less attractive and whose body was far less appealing than mine (according to the people I have talked to).

SO I know it wasn't the way I looked. Let's faces it ladies, some men just have sociopathic tendencies and no matter how much we LOVE them, CARE for them and do as they ask...they will always leave because they have NO commitment. (Regardless of how good we are, beautiful we are or how thin we are.)

I know large women who are happy in their weight and get far more attention than skinny women do. I know that men pay far more attention to me, 60 LBS heavier, than I ever got as a skinny rail. I think the thing here is... Are we dressing properly for our size? Are we making sure our hygiene is good and our make up is properly applied? Are we making sure our hair is a natural looking color and is it well groomed? More to the point....are you happy?

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A man will be for more attracted to the woman who is happy, poised, confident (not arrogant), nicely dressed and well groomed than NOT!

It's not really about size, it's about how sexy YOU feel and how you present yourself. Perception and mindset play huge part in what men see. (Same for men...)

Smile, it makes the room glow~

C.B.

\* \* \* \* \*

Dear Mimi,

I have a response to what L. is saying. I myself have been overweight. I agree with some of her perspectives but, I didn't make the choice to be over weight. I have an under-active thyroid. I have been dealing with weight issues for many years and have not been able to significantly change the way I look.

Although I take medicine for my condition and continue a daily workout, I can't help but to be 40 pounds over my healthy weight. I have been self-conscious of this for years and am doing what is within my power to control it. With this in mind, I want to say that yes, there are people out there that give up on their weight issues because they feel hopeless and aren't making any progress no matter what they change but, some have reasons and shouldn't be judged because of it.

I feel that the man who wants his women to lose weight should take a good look at himself in the mirror. If she was overweight when he first got together with her then why would he want to change her? I am a big believer in doing what is healthy for your body but, some things can't change. If she is eating healthy and is happy with herself then he does not deserve to be with her. Take responsibility for who you are and if nobody else likes it then they can kiss your butt.

Sincerely,

S.J.

\* \* \* \* \*

## Shape Up or Break Up?

Hi Mimi,

That was a lovely insightful email from L, however, if the question is--the man won't marry his lady unless she can promise she won't gain weight. How can anyone ever promise that their body won't change. The man can't even make that promise.

I was just on a dating website and on its forum a guy asked what me think when their wives get up into their sixties and seventies and start looking "old"--Do they get turned off? What a question!! Do men think that they do not age themselves but stay young and cute forever?

Anyway--here is one for you Mimi--What if the issue is not weight. What if the issue is cancer? Would this guy still love his lady if she had to have her breast removed? My point is, true, one can take care of ourselves as best they can but bodies do change and no one can promise they won't. If this guy can't even deal with a few extra pounds, how would he deal with the unthinkable?

One more comment--Can a man promise that he will never lose his hair or get a beer gut? Will he expect to be loved if he does? He is not going to stay young and cute forever either. Yes we all should be taking care of our health but we are ALL going to change over time.

Luv ya,  
K.H.

\* \* \* \* \*

Okay, so what about men who are so-called 'chubby chasers'?

M.

\* \* \* \* \*

Hi Mimi,

I have been following your emails with a great deal of interest and appreciation for the wonderful tips.

I'd like to throw in my two cents on the weight issue.

Before I met my husband, I was slender and a bit muscular. I worked out every day with

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weights and taught one or sometimes two aerobics classes a day. I looked great and felt great. I never had a weight problem in my life.

My husband also taught aerobics and did weights. It seemed a match made in heaven!

Shortly after we got married, he began to get upset and complained that I was spending too much time in the gym, even though he was usually there when I arrived and after I left. Reluctantly, I cut back on my classes, but I was not happy.

Finally, the showdown came and he demanded I quit all together.

Needless to say, my weight soared, my self esteem plummeted and I was miserable.

I tried diet after diet but the motivation was gone to lose weight. Of course, he was constantly complaining about me getting fat (wonder how that could have happened?)

One day I read an article that said my lack of weight loss was because I was maintaining a shield to keep me away from him and a realization struck. The article was right. I didn't want to be close to him; he had taken away the things I loved.

Now that I understand, I no longer blame myself, and I am starting to take control back. I also see where he had been sabotaging my efforts in ways I hadn't noticed before.

I still have a ways to go, but I feel so empowered to have control back. Before he told me I should feel grateful that he would have me in my fat condition, now I realize there are a lot of fish in the sea. I'm buying a new fishing pole! :-)

Thanks for letting me share,

J.

\* \* \* \* \*

Hi Mimi,

I'm a bit slow on the uptake with weighing in on the weight issue for women. You know women like the fashion model "Elle" and actress "Queen Latifah" are bigger women who obviously don't have problems hooking up. It's all how you feel about yourself and work with what you have.

For one thing, I'm past 50 and to diet to get the extra weight off just doesn't work like it used to. My metabolism is completely uncooperative. I have picked up two extra laps a day on my jog/walk and this is firming me up, but the weight won't budge.

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Then I was watching an old Audrey Hepburn movie and thought about how her second husband was a philanderer and cheated on her. If Audrey Hepburn can't keep a man interested, who can? And Halle Berry's second husband wasn't true to her either.

So there's more to attraction and love than pulling out the scales and weighing in to see if you are worthy. I can think back to some of the more miserable relationships I have been in when I was younger and thinner and it certainly didn't yield a great guy. It yielded men with anger issues, or serious problems with being employed. Maybe with a little meat on my bones men might get the idea I need to be fed once in a while. :-)

So as long as a woman is still attractive and well adjusted, she shouldn't beat herself up about her weight or allow a man to do so.

Sincerely,

R.

[Note: Audrey Hepburn married and divorced twice, and spent her last 14 years with Robert Wolders.]

\* \* \* \* \*

Mimi,

I agree that if a guy is truly into you, it would take a lot worse than 20 pounds for him to think about leaving you.

As long as the emotional attraction stays strong enough, both parties will be motivated to not neglect physical attraction. Connecting emotionally is important, because it sets the standard for everything else in your relationship.

I agree that maybe gaining too much weight in a relationship (without any medical reason of course) can be a sort of red flag that deep down you don't think this guy is worth the effort. And his actions seem to confirm that.

If you want to lose weight, do it for yourself. For your health. Just doing it for a man will only breed resentment, and then the relationship is really doomed.

And guys, if you want her to lose weight, make sure your primary concern is her well-being. Not your own personal enjoyment. If you really love someone, you'll put their needs first. It's not bad to (tactfully) ask someone to lose weight if you care about them. It is bad to expect them to do so for selfish reasons.

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The best way to do that is to help motivate them - go on the same diet. Go exercising together. Not only will both parties look and feel better, it's another way for them to bond.

K.W.

\* \* \* \* \*

Mimi,

One reason that men want their women to be bony is because men are so muscularly underdeveloped in the upper body compared to decades ago. Therefore they prefer skinny women who don't show how underdeveloped they are.

S.

\* \* \* \* \*

Dear Mimi,

My response to this whole "fat" saga is this.

Women are just as superficial as men are when it comes to aesthetics. Yes it is true that beauty is in the eye of the beholder and yes if a man can't love you for who you are then cut your losses and get out of the relationship.

I grew up with a dad who did not "allow" my mother to "take care" of herself in terms of going to the gym when she felt overweight or when she wore make up would accuse her of "looking for attention". This type of abuse was evident in me.

As a child was I was chubby, by the time I became a teenager I was visibly overweight because we were taught that a woman was not to take care of herself because she would be looking for attention from men. (Something my mother would vehemently disagree with, this is one of the reasons she left my dad.)

Sadly, because of my weight issues I was a very shy, introverted child and never had many romantic relationships. When I was 19 I met the man of my dreams and yes he was built like a Greek god. I worked in the gym where he would come in to train 6 days a week, so we became very good friends and before we knew it had developed a beautiful romance.

However, because of his good looks, he got a lot of attention from very beautiful girls who had the size 6 bodies. Luckily for me he was, and still is I might add, utterly devoted

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to me. After about 6 months in our relationship I had had enough of being the chubby girlfriend and began working out 5 days a week, eating right and really began taking care of my appearance.

My hairstyle changed, I dropped 2 dress sizes and had my nails done once a week. I began to look at myself in the mirror and loved what I saw. I realized that happiness wasn't necessarily derived from appearance but happiness with your appearance derived directly to one's self-esteem and self-pride. Needless to say my man was happy to, I had more energy and had more drive in me. I had a man who was interested in my appearance and the way I took care of myself. He got involved in building my self-esteem and as a result our relationship became stronger.

I do believe that a woman's appearance will have a sever affect on her relationship, not because her man will be attracted to other more beautiful women but she will lose confidence in herself and a woman with no confidence is an unattractive woman. A woman's pride is her glory.

We've just celebrated our 4 year anniversary and yes, between work and home life it is extremely hard to "keep up appearances." We still go to the gym, about once or twice a week when we have a chance but because of our demanding lifestyles we don't take care of ourselves the way we would want to. We've both put on weight as a result, and yes we feel uncomfortable with ourselves. We keep telling each other that we have to lose the weight but we never really get round to doing it. We envision ourselves as two overweight lovers if we don't do something about it, but at the end of the day, we both are comfortable with ourselves and each other and our relationship is healthier than ever.

Losing weight is a personal journey. No one can be forced to lose the weight if they don't want too. I agree with the email our male counterpart sent through, because if a woman isn't attracted to an overweight man how can she expect a man to be attracted to her extra weight. That email opened my eyes to a whole new way to look at myself.

No man wants an overweight woman, if it were so, supermodels and celebrities wouldn't look the way they do and Hugh Hefner wouldn't be "Hef."

Regards,  
C.

\* \* \* \* \*

Health is really all we need. If we do not have our health we have nothing. You cannot buy health. It is earned through proper diet and exercise.

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I really do believe a woman would gain a tremendous amount of respect and attraction by becoming a vision of health. She should challenge her man to perform with shared exercise challenges: a morning run, an evening of weight training.

Nothing is more attractive than a person who is a vision of health. As a former sports model who has appeared in magazines throughout the U.S. and Canada, I speak from experience.

N.

\* \* \* \* \*

I have to comment on this Mimi:

I too look around at men my age and see no attraction as a huge majority look like their feeding for two people not only is the weight an issue they also are not full of life or ready to play. This may come across as cold however I would much rather be with someone who cares enough about themselves to make sure they were healthy and that their mind is in good spirits as well. I take care of myself so therefore I want and am attracted to men who do the same. Then there are the men my age and older who still look hot ...oh how I love to look. Attraction comes first from site then from personality and lastly from the soul. Take care of yourselves.

L.

\* \* \* \* \*

Okay... I am thin.... I have never really have had any issues with my weight. But my question is.... Why is it okay for men to gain weight after marriage or in a serious relationship but when a woman gains a few lbs... they freak out? I know... I know... they are visual and we aren't as much.. I get that...

But...it just makes me sick that there are so many men out there that want the perfect slim woman and they are sporting their pot bellies... which by the way... we don't mind...(well.. some of us) but women have to stay slim... or they will leave us....

T.

\* \* \* \* \*

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I agree with you to a certain extent, however, I would like to add my opinion to this. First of all, if a guy asks you out on a date or shows an interest in you, it means he is attracted to you and likes you.

If he starts to be critical and constantly tell you to lose weight or change this or that, etc. than LEAVE him. He is NOT worth it.

If you let yourself go after meeting him, and not looking as attractive... that's a different story...

J.

\* \* \* \* \*

Dear Mimi,

My best friend is engaged to a man who wanted her to lose weight; she loves him for telling her, and she has since lost 30 pounds and looks amazing. She is happier and feels healthier and is more confident which makes her all the more attractive.

Her fiancé fell in love with her when she was overweight, and he does not love her “more” because she weighs less -- he loves her more because she really cared about how he felt and did what she could to make him happy. And she loves \*him\* more for treating her honestly and helping keep her motivated and encouraged while she diets.

I personally am impressed with a man who will be honest about his feelings. I am upset if a man is not truthful; I'd rather know what he feels deep down inside than being polite for the sake of appeasing me. Sometimes the truth hurts, but the fact is, that “hurtful” truth is frequently good for us.

-- M.

\* \* \* \* \*

Hey Mimi,

I think this is a really interesting topic! Did you know that scientifically, if a not-so-attractive man is seen out with a beautiful woman it will make him look better to other people? But apparently it does not work the other way around.

I'm an artist and at university I had to write an assignment on how “The female nude is always made for a male gaze”. I really fought against this notion, but when I researched

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it, it is always true. Even if women are looking at female nudes they are looking from a male point of view. Men are much more visual- and they want to be proud of someone who looks good. That's why ugly old billionaires get babes. Weird, huh?

S.

\* \* \* \* \*

Dear Mimi,

This is a very interesting topic.....I really would like to hear what men have to say about this.

I am of normal weight, about 108 lbs, and am 5'3". I have weighed more and have weighed less. I feel horrible about myself if I weigh too much and that reflects on my entire persona. We have these invisible auras around us and other people "feel" them .... it is part of not only relationships, but all social interaction.

A woman, a man, need to do whatever it is that makes them feel "good" about themselves.....not to please anyone else. That puts a big burden on you...if you feel, for certain, that if you gain 20 pounds the person you love is going to desert you. What a way to live! What you should feel is that if you gain those 20 pounds, what effect will it have on "you"....emotionally, physically....that is what is important.

Take care,

C.

\* \* \* \* \*

Mimi-

Over the past few months I have gained approximately 30 lbs due to medication I am on and a forced change in diet due to health issues. I am currently adjusting and starting to lose the weight.

The big news is what I have done with myself while gaining the weight: making sure that I have attractive clothes that fit, doing my make-up, continuing to work out, and feeling confident about myself.

So - nobody has really noticed. I go to social events and still get lots of attention and compliments on my appearance. I may not look so great in a bathing suit right now but I

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still look good in my clothes and I still feel confident about who I am. My hubby of 17 years has had no complaints.

Just wanted to share.

K.

\* \* \* \* \*

Hi Mimi,

I had to put my two cents here.

I gained weight after I got married and I was complaining about it to my aunts who agreed that they did that as well. In fact almost every woman I knew said the same thing. Some gained small amounts and others gained more. But maybe this is one of those things that have to do with biology as much as culture.

We've all heard about how men are attracted to women who have bodies with fertility signals. Maybe women gain weight to indicate they are ready to reproduce (not consciously). Or maybe by gaining weight they are sending a signal that they are 'off the market'.

Maybe it's not because we're lazy or that we let ourselves go. Maybe it's because we're wired that way. Maybe if we can give ourselves some slack (and our partners do the same), we won't go overboard and can keep the weight gain to a minimum, manageable amount.

Thanks for your newsletter. (I'm not still married btw, but I am still overweight. <sigh>)

S.

\* \* \* \* \*

Mimi:

The men "should" be concerned that we may lose interest in them!...

They should continually re-invent themselves to (try to, anyway...) ensure this does not happen.

L.

### Epilogue

#### What Happened to K. Who Wrote the Email That Sparked This Ebook?

Mimi,

I was the one who wrote the initial email to you about my boyfriend. As a little time went on, I got on the ball. I dieted and became more physically active in the following months. I have dropped a total of 37 lbs. Needless to say I now have a big diamond ring on my finger. We are to be married on the beach in August.

Maybe I need to give an update. My fiancé is very physically active; he goes to the gym 3 to 4 times a week. He is an avid snow skier and plays tennis. Before we met, I was 147 lbs. After we met I slowly climbed to 187. When I wrote to you I was at 170 lbs. He was the first to tell me he loved me and he is truly a kind and gentle man. He is everything I could ever want. He is not controlling or manipulative.

When he brought up this issue with my weight, he explained to me that my current weight was not really a problem but since I was continuing to gain he had a fear that I would not step up and do something about it. He was scared to make a lifelong commitment to someone that could not control it especially since I had expressed my desire to loose the weight, over and over.

Well, as I continued to gain... at Christmas we went to a company party. We went out on the dance floor and he dipped me. To make a long story short, we were at the hospital a few minutes later with a torn ACL and MCL in his knee. This was caused by my weight and he turned his knee to support me. He had to have several surgeries and months of physical therapy... Hello, wake up call!!! I decided that I need to step up. I am down to 150 lbs, we are enjoying more activities together.

I had another eye opening experience with this a couple of weeks ago. We returned this year to the same annual party. One of his friends came up to him after I had stepped away. His friend made the comment, "Wow, you did better this year than last year." Of course my fiancé asked him what he was talking about.

The friend said, "Your fiancée is much prettier than the girl you brought last year." My fiancé informed him that I was the same girl. Of course I then realized that many people did not recognize me from the year before and were surprised. He was just a little prouder and made sure everyone knew I was his fiancé before the end of the party.

## Shape Up or Break Up?

**From Mimi: I wanted to make sure that K. understood that this topic has a life of its own and that the comments are general on this topic, since we do not really know her or her specific situation... She said the following:**

Oh no, I understand completely. I have not taken any offense to any mails sent by anyone. My whole reason for emailing you originally was because I could see both sides too.

One side was saying, “Dump him and find someone that will love you no matter what size you are,” and the other side was thinking that he had a valid point. I guess I really did play both sides of the fence on this: He proposed to me while I was still heavy, but it took an ultimatum for him to see the light.

I basically explained to my fiancé that I battle with my weight and always will. I told him that I could not make him any promises that I would always control my weight. So I broke up with him and the next thing I knew, he was proposing. I quickly lost more weight, what do you expect...I am getting married on the beach, of course I have to look good in the pictures.

How did I lose? Counting calories, drinking water and increasing soluble fiber... it makes you feel full. I cheat a couple times a week. Friday is pizza night at my house, but Saturday I am extra good. I also use a scale for my portions. I do not deny myself fat or carbs but I keep all of them in check. No more than 35 fat grams a day and if I go over I make sure they are monounsaturated fats. Carbs I keep at 30 and 60g. I try to match my proteins to my carbs. but I do make some exceptions if my fiber is compromised. 30g of soluble fiber.

Both soluble fiber and insoluble fiber are important. Soluble fiber stays in the stomach longer and makes you feel full for a longer period of time this allowing less calories to feel full. Vegetables, fruits, nuts, oat and oat bran contain soluble fiber. I also take supplements to make sure I get enough and maintain a more full feeling. I am able to keep my portions in check this way. These also help keep my carbs in check.

Sounds a little complicated, I know. But it is the only way I can follow. If you tell me I can not eat pasta... the first thing I will want is pasta.

I also use Splenda to sweeten coffee and tea... also only diet sodas. As my fiancé said, when he first met me I drank the full leaded stuff. Probably a six pack of Pepsi's a day. That is close to 1200 calories just in sodas. I only take in 1200 calories a day on my diet now.

The diet maybe a little overwhelming for some to grasp but I think it makes perfect sense.

K.

## Shape Up or Break Up?

Dear K., thank you so very much for sharing your story with everyone and allowing it to be our springboard for this discussion.

We all wish you a beautiful, wonderful wedding and a very happy marriage!

With love,  
Mimi Tanner  
Author of Calling Men  
[www.CallingMen.com](http://www.CallingMen.com)

Recommended Resources:

My emails, which you can sign up for at: [www.secrets-of-flirting.com](http://www.secrets-of-flirting.com)

[www.GetYourManBack.com](http://www.GetYourManBack.com) - How to Get Back Together with the Man You Love

[www.TheWomanMenAdore.com](http://www.TheWomanMenAdore.com) – How to be the woman men adore; the woman all men want, who makes them happy they are with YOU

Dieting Sucks.

Mimi's exclusive offering of this unique audio:  
From Kent Sayre...

“Were you born to be thin? Find out.”  
<http://hypnosis-for-dieters.com>