

I Think I will Write a Book

Posted On Jul 08, Posted by [Nick Mirrione](#) Category [Excercise](#)

I consider that my gastric by-pass surgery as a tool to change my life has been a success. It has been 11 plus years since the surgery and I am the same weight plus or minus ten pounds that I was when I reached my goal. As I have written in many blogs to date, I still struggle from time to time and I am still learning about those triggers that can cause the struggles.

I have been in communication with the surgeon who performed my by-pass surgery back in January 2001 and we are planning to write a book together. The book will basically be a story of my life and the struggles with obsessive compulsive behavoir generally and obsessive compulsive eating specifically. Controlling my behavior as it relates to eating has been a problem all my life and at age 38 I had a life changing moment that made me commit to do something about it.

I tried and failed at many attempts to figure out the problem and to find a soloution and never hit the mark. In late 2000 I finally decided I could not do it without help and some extreme measures. That led me to the decission to visit the surgeon who immediately inspired my confidence that this was a problem that could be solved initially through surgical means in conjunction with permanent life style changes.

The book will outline and highlight those life style changes and the successes and failures since surgery to try to manage my life so that I can live my life. Even as I write these words I know that I still have a lot to figure out if I am to remain on the right track as life is very dynamic and many of the life style changes that are working for me now will have to be changed as I get older.

Stay tuned, more info about the book will follow in the next few months. Anyone with questions or ideas that would make this book more readable please comment

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