

## Three Weeks to go and Still Focused

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I am so proud of my daughter Marisa who has lost 63 pounds in the last four months. If and when she gets into an exercise program, I think she will finally understand the combination that is so critical to long term success. This is a very difficult time of year to stay disciplined and not be tempted to try "just one special treat". Marisa never really "got it" when it came to grasping the concept of diet, nutrition and exercise. This is the best I have ever seen her do, and I will keep you updated on her progress.

As for me, I am on cruise control and not having any problems at all. I love it when I am this focused because it means that I am not constantly frustrated, afraid or distracted from life while trying to get my eating back on track.

Back to Marisa for a minute. She is so much like me, it's scary. I would guess that many people with overeating disorders are like Marisa and me. She is a binge eater. She can do nothing in moderation. She has to learn everything the hard way. Like me, she learns best from past failures rather than from listening to the experiences of others. There are no filters or governors when she starts to binge eat. Hey, she's 38 years old and if I'm right, and she does have it figured out, then she's 12 years ahead of me.

As for me, with 11 days left until Christmas, I am still doing well. This is the week that I hit the bump in the road last year, so I am very cautious. Dinner with friends in Boston coming up on Monday, followed by various exposures to food leading up to Christmas day. Will keep you posted. Current weight 192. Anyone else who'd like to share their struggles, I'd love to hear from you.

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