

# **RELENTLESS NUTRITION ACTION PLAN: BREAK THE DIET CYCLE, SMASH YOUR SCALE, AND TAKE PRIDE IN YOUR HEALTH**

**Elyse Vessey**

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References Anderson, B. Die Geldpolitik der Schweiz seit den sechziger Jahren Kapitel 5.

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Noi ridiamo, scherziamo, piangiamo, viviamo, ma portiamo, con noi, questa incognita paurosa: ad un tratto, essa ci si presenta tenace, efficace, invitta. The varieties of self-love are so numerous it is useless to count them Human passions are nothing but varieties of human self-love Even the most violent of passions sometimes give us respite, but self-love torments us constantly There are people so absorbed in themselves that, falling in love, they manage to think not of the person and Take Pride in Your Health love, but of their own passion Lovers are never bored with each other's company because they always talk about themselves It is well-known that one should not talk about one's wife, but it is not well enough known that one should talk still less about oneself Our sincerity is due to a great extent to our desire to talk about ourselves and to exhibit our defects in the light we want to cast upon them The extreme pleasure with which Relentless Nutrition Action Plan: Break the Diet Cycle talk about ourselves ought to prompt us that we are hardly giving the same pleasure to our listeners Sometimes a lie imitates the truth so skilfully that it seems to run counter to common sense not to succumb to the deception Pseudo-honest people are those who conceal their defects from others as well as from themselves; truly honest people are those who are perfectly aware of their defects and

admit them However hard people tried to cover their passions with the appearance of piety and dignity, they will always be visible through these veils To deceive oneself without noticing it is as easy as it is difficult to deceive others without their noticing it That people Smash Your Scale more conscious of their shortcomings than one could imagine can be seen from their skilfulness in talking about their conduct: the very self-love that usually blinds them enlightens them and gives them clarity of vision sufficient to conceal or camouflage the least thing which is likely to be condemned One cannot see a camel on his own head, but manages to notice a straw on another's.

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