

New Year's Diet Resolution: A New Twist

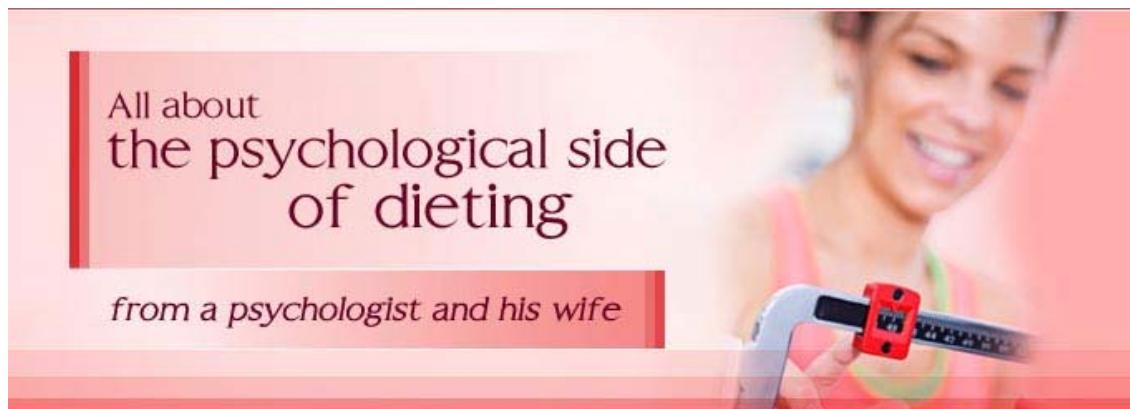


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Industry: [Healthcare](#)

Press Release Summary: Making your New Year's resolution stick: A Dear John letter.



Press Release Body:

Dear Food

I'm breaking up with you.

Don't be surprised. I've certainly tried to do it many times before, but I always weakened and went back to you.

I finally woke up and realized this relationship is not good for me. I'm not getting what I need from you. It's hurting me, not allowing me the space to grow in the ways I need to grow. You're holding me back.

I know I'll have separation anxiety, but I've stayed with you too long, way past when I should have. This just isn't working for me. You don't listen to me. You don't give me attention. You don't care about what I'm going through. It's almost like you don't have any feelings for me at all, yet I've stuck close to you, helpless and dependent.

I know you won't let go of me so easily. I know you'll keep calling me, asking me to come back. But please, let me go now.

In the beginning you were always there, ready to calm me and soothe me, but it went too far. I came to rely on you. I looked to you for everything. In all fairness, it was too much to ask of you. No way could you fulfill all my needs. For so long I've settled, afraid to go out there and find something better for myself. I need to do that.

I now withdraw my heart from you so I can be free to put it elsewhere, some place where I can be loved back. I've tried to break up with you before. This time it's real. I want to be on the cutting edge of my own life, and I can't do it while I'm still tied to you. Thinking about being free scares me, but I want it. I must have it. I think I'm brave enough at last.

I know I'll long for you. I know I'll think of you a lot, especially during those hard times. I know I'll be tempted to come back to you. But this time I've got a plan, things I'm prepared to do when I get lonely and sad. I've been thinking of other ways to celebrate when I'm happy or proud. I have remedies in place for being bored or tired.

At this point you're a troublemaker in my life and I intend to keep my emotional distance from you. So in a way, this is goodbye. Of course, I'll still come into contact with you day to day, but let's just be friends, not lovers.

Don't cry (although you never do, it's me who does all the crying).

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