



# Linda Fiveson



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## Recipe of the Month

### Cucumber Salad with Grilled Shrimp

#### Ingredients

2 large cucumbers cut into ribbons with Veggetti or spiralizer  
2 large carrots, julienned  
1/4 red cabbage, shredded  
1/4 red pepper, diced  
2 scallions, sliced thinly  
1 lb. large shrimp  
Salt, Pepper and garlic as desired

#### Dressing

Juice from 4 limes  
1 packet artificial sweetener  
1/4 tsp. freshly ground ginger  
1 tbsp. Extra Virgin Olive Oil

#### Directions

Clean shrimp and sprinkle with salt, pepper and garlic as desired. Put under broiler till browned to your likeness.

Mix cucumbers, carrots, cabbage, red pepper and scallions in a large bowl.

In separate bowl add ingredients for dressing (lime juice, sweetener, ginger and oil and mix well.

Pour dressing over salad and mix well. Top with grilled shrimp.

More recipes on website.

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## To Try or Not to Try

How often in life do we say the words, "I will try?" I will try to lose weight, I will try to exercise, I will try to eat healthy foods...basically, try to do a better job at one thing or another. Try is one of the most often and most general terms used in language. The words "I tried" and "I am going to try" are masking the truer words; "I know I'm not going to do this." No matter what our goals are we are always making these kinds of statements about what our intentions are -- what we are going to try to accomplish. Sounds like we have a plan, doesn't it? The problem is trying to do something is NOT the same as actually doing it. If you fail, you can say you tried; right? But.... that's only if you believe your own self-deception.

Attempting to do something is quite different than actually doing it and that is how the dictionary defines trying; as an attempt. It might make us feel better when we say, "I will try" because it makes us (and others) believe we are going to do something and it admonishes us of any guilt for not doing it. There is a difference between trying to do something and actually doing it. We live in the present and plan for the future.

This point is very well illustrated in the Star Wars movie, *The Emperor Strikes Back*. When Yoda instructs Luke Skywalker to do something he doesn't believe is possible he reluctantly says that he will try. Yoda says, "No....Try not....Do....Or do not, There is no try."

When you think about the magnitude of what it takes to achieve a goal, doesn't it feel overwhelming to be constantly TALKing yourself into thinking about the difficulty or pre-

vious failures you've had doing the same thing? Saying you will try confirms that you cannot/will not be successful.

Losing weight is a great example of how millions of people are trying, over and over, again and again, but not succeeding. It's exhausting! So you see, "try" is useless word. You truly do want to lose weight; look and feel better; get healthier. You think about this often and tell yourself you are really going to try to do it THIS time. But, will you? What are you doing to make it happen and turn it into a reality? (THIS time.)

We often put too much thought into how we're going to do something and how hard we're going to try. Are we trying hard or hardly trying? It probably doesn't matter because in the end we are forced to realize that the words, "I will try" are a "failure cushion." When we say we will try or we are trying we really don't have to do anything at all. It becomes a cloud in our personal "sky of delusion."

These words are a commitment to passivity and inactivity rather than to action; we're doing nothing which means we will get nothing done in turn. Saying we will try gives us the excuse as to why we didn't meet our goals. For example, if you try to stick to a diet plan but cheat all day what have you accomplished?

If you think about it, there are probably so many things you have on your "to do list"... yet how many of them were completed? What were your true intentions? Making the list, making plans, getting ready, anticipating the excitement of success is really part of the energy that forces us to start. New goals, new plans, new changes, new mindsets; we are great "starters." The question

is did you really make the effort and stay consistent to your plan to achieve your "new" goals? Doing is the only way to achieve... Trying becomes the obstacle. Remember, "Obstacles are not the things that get in the way; Obstacles are when you look away from your goal." How many times have you have started something saying "this time" it will be different.....what happened? You looked away from your goal.

For my personal edification, I decided keep a personal record of how many of my clients use the word "try" in discussing what their eating experiences had been the previous week. Everyone, yes "everyone" used the word "try" when they referred to situations that were difficult. In other words, they all said, "I tried." When I asked whether they ended up eating the challenging food, the answer was always definitive... yes, they did. (Of course they ate much less than they could have if they weren't trying)... Regardless, they ate it. I now respond to these types of dialogues by telling them, "You didn't try, you ate it!"

What's amazing is that most people feel that I'm talking about something that is a startling revelation like some epiphany has happened; a new insight... Hopefully it becomes a new way to think about their intentions and actions. Keep my words and Yoda's in mind, "Do....Or do not, There is no try."

Just Do it!

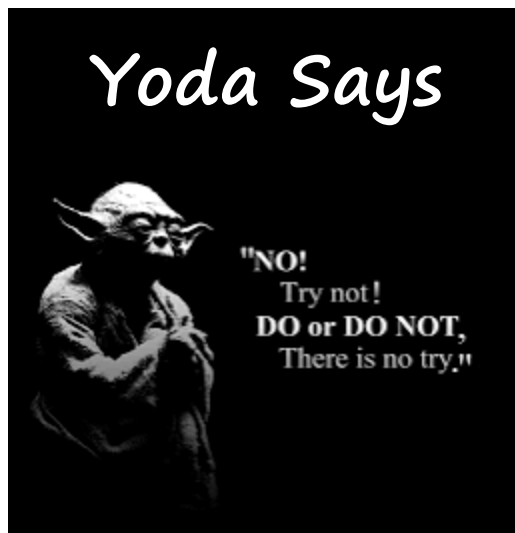
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# PUZZLE

Find the words below. They go in all directions and letters may overlap. Find solution on website.

V N O K E T G P T A N N A Y T  
 K E P V H R E O N M O O C A A  
 S W N G E R U T A I S I C E L  
 Q U I O S R I L T L E T O X K  
 A E C O I C W I I I V N M E I  
 W I N C I T R H I A I E P R N  
 J A T P E T P D E H F T L C G  
 L R A U U S I E E L L N I I D  
 Y T Y N I K S J C L M I S S R  
 E G N E L L A H C E U I H E O  
 H E A L T H Y E E K D S N T C  
 S S E L E S U G U I L T I G E  
 O B S T A C L E S W K U R O R  
 E Q G I O A T D P R P I U Z N  
 D L N P D H N E T P M E T T A

ACCOMPLISH	INTENTION
ANTICIPATE	NEW
ATTEMPT	NUTRITION
CHALLENGE	OBSTACLES
DECEPTION	OVERWHELMING
DELUSION	PERSONAL
EXERCISE	RECORD
FAILURE	SUCCESS
FIVESON	TALKING
GOAL	TRY
GUILT	USELESS
HEALTHY	WEIGHT



**You don't have to be a client to eat healthy and enjoy it!**

**Fiveson's Fabulous "Fake" Foods are manufactured and distributed exclusively by Linda Fiveson - Syosset, N.Y.**

## Linda Says

**If at first you  
 don't succeed,  
 Don't try to do  
 it,  
 DO IT!!**

*Do you have a question or suggestion? A personal strategy you'd like to share? Send it to us and we'll consider it for a future edition!*

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### Fiveson's Food

**Over 100 menu choices!  
 New items added often!  
 Formulated from  
 Linda's "own"  
 personal recipes  
 since 1989.**

**NO sugar, NO flour, NO  
 gluten,  
 NO refined  
 carbohydrates**