

BIG BOOK/GOOD
BOOK QUOTES

- 1.) Contrarian promises: you will feel good about shameful acts, you will embrace your character defects, and you will know real insanity.
- 2.) The disease of compulsive eating is like the disease of cancer; if left unchecked it will take your life.
- 3.) When you follow more than one path you are never sure which one is right
- 4.) It makes no difference who inspires you, friend or foe; it just matters that you are inspired.
- 5.) The only time some people go through the doors of a church is to attend a 12-step meeting.
- 6.) It is strange but you actually slip when you stop rather than when you're taking steps.
- 7.) It is the only place where you can slip when you stop.
- 8.) The big book: one of the books that spreads the good news.
- 9.) The real old-timers: the prophets of the big book.
- 10.) The trinity of the 12 steps: spiritual, emotional, and physical.
- 11.) The problem may not be that you are out of your mind but rather in your mind.
- 12.) Beware of the Pharisees of the program
- 13.) The problem with the big book comes when you don't take it literally

THE DISEASE

- 1.) Having problems--recount the calories
- 2.) Bulimia--two wrongs to make right
- 3.) "Waste it or wear it."- Susie Palmieri
- 4.) Glutton one who knows the answer and chooses to ignore it
- 5.) It is not so much the what of eating that gets you into trouble, as is the why of eating
- 6.) Relapse--when your disease is in recovery
- 7.) Waiting for your weight to normalize is like waiting for your ship to come in
- 8.) It's the addiction that gets you by the ounce
- 9.) Bulimia--committing an irrational act attempting to correct an irrational act
- 10.) For some a piece of cake does not mean easy, but the opposite as they must work hard to undo the effect of taking a piece of cake
- 11.) For the overeater too much is too little and for the anorexic too little is too much
- 12.) Insanity-weighing and measuring after a meal

EATING

- 1.) The real question to ask is that helping, helping?
- 2.) The best starvation diet is the one that starves the compulsive eating
- 3.) Beware the bottomless pit may actually grow into the fruit of your stomach
- 4.) The program teaches you to eat to live rather than live to eat
- 5.) Harvest time---setting aside for a later time, the food you need to nourish yourself
- 6.) Many of us would do well replacing the scale we step on with a scale we weigh with (weight and measure)
- 7.) The past meals have passed, the future meals may not come, today's meal however is the one that determines your life
- 8.) You can eat an elephant if you cut it up into enough small pieces
- 9.) Beware of small pieces
- 10.) Take your spiritual vitamins and your emotional minerals
- 11.) Real soul food cannot be ingested through the mouth
- 12.) One bite at a time

FOOD

- 1.) WHAT IS NEEDED IN YOUR DIET IS MORE FOOD FOR THOUGHT
- 2.) The truth is prepared food and a lie is processed food
- 3.) Comfort food eventually makes you very uncomfortable
- 4.) Fast food takes you where you do not want to go to soon
- 5.) When you feed others you are fed
- 6.) Keep it simple (no fixings)
- 7.) Food is either your food or your shelter
- 8.) No further proof is needed the pounds are in the pudding
- 9.) Food fight--when the food throws you and you lose
- 10.) The problem came when we added butter to the bread of life
- 11.) We are all born with a hunger that cannot be satisfied with food alone
- 12.) Are you eating your food or is your food eating you?

Compulsive eater

- 1.) Bulimic - any food will do
- 2.) Just taking the food away from the compulsive eater, does no better than cutting off his hands to stop him
- 3.) Eating a balanced meal is a start, eating a healthy balanced meal is progress, and eating a healthy balanced meal in the proper proportion is success
- 4.) It's not only what you eat that counts but also what you do not eat
- 5.) It is better to eat the right food in the right amount
- 6.) Be good to yourself the food you eat today will be carried by your body tomorrow
- 7.) The overeater eventually learns that more is not better, and yet for the anorexic more is better
- 8.) Many an overeater would fair better putting their foot in their mouth rather than food
- 9.) No amount of money and no amount of food can satisfy a hunger that starts in the mind
- 10.) Food fix--any food you eat that is outside the food plan that you have
- 11.) It appears that often the shortest distance is from the table to the stomach
- 12.) Black magic--when one gains weight just by looking at food

Spiritual Nourishment

- 1.) It is very difficult to overeat on spiritual food
- 2.) Real comfort food comforts the body, mind and spirit
- 3.) When you ingest spiritual food you never eat alone
- 4.) Opening your mouth prevents some food from entering your body
- 5.) Real health food feeds more than the body
- 6.) Health food--prayer mediation, love, kindness, service, etc.
- 7.) The real bread of life comes not from the grain but from the spirit
- 8.) God grant me the serenity to accept that I cannot eat all that I want, the courage to ask for your help, and the wisdom to know that my life is at stake
- 9.) A good sermon is to the soul what a good meal is to the body
- 10.) Eating spiritual food is like eating dark green leafy vegetables, you can eat as many as you want
- 11.) If you find yourself in a place where you cannot get to a normal weight, know that another can get you there
- 12.) We learn that shutting your mouth is the best way to feed your spiritual being

GRATITUDE

- 1.) Salvation--freedom from salivating
- 2.) Life's lemons although somewhat bitter can be exactly what you must be fed
- 3.) Abstinence comes one meal at a time
- 4.) Count your blessings instead of your calories
- 5.) The program is where your grocery list is replaced with your gratitude list
- 6.) Some people gain weight just look at food and watching it disappear, and others lost weight by looking at food without it disappearing
- 7.) Gratitude is the hearts memory
- 8.) For most of us gratitude is a recognition of all we have been given, and the honest appraisal of the gifts
- 9.) Maintaining an attitude of gratitude increases ones altitude
- 10.) It's amazing the program teaches you to be grateful for the good, bad and the ugly of ones past
- 11.) Being filled with gratitude, keeps out the trash of the past
- 12.) Fast on self pity and feast on gratitude
- 13.) Gratitude when tended to every day expands and gets strong, likewise if untended it shrinks and weakens, and so does the person
- 14.) Gratitude is the Parent of Happiness.-unknown
- 15.) Acceptance is the start of the road to gratitude, but it takes Guidance to travel through it.-unknown
- 16.) Blessed are those that can give without remembering and receive without forgetting.--Author Unknown
- 17.) Gratitude is not only the greatest of virtues, but the parent of all the others." ~Cicero~

GENERAL PONDERING

- 1.) An honest lie--one you believe in.
- 2.) Make sure the diamond in the rough is not just an ordinary piece of coal.
- 3.) A piece of coal is but a diamond in the rough.
- 4.) You really do not have to be one to know one.
- 5.) A dishonest mistake--a lie.
- 6.) Too many of us corrected our honest mistakes with dishonest ones.
- 7.) I never knew an insane person who did not know.
- 8.) How strange; as you get stronger you pick up less, if at all.
- 9.) Hitting your bottom is like depression--it is the first step towards feeling better.
- 10.) Hitting your bottom is the first step towards getting better.
- 11.) Bottoms up is one of the surest ways to hit your bottom.
- 12.) A high bottom is not on one's body.
- 13.) Asking a roach to deroach himself is like asking a tiger to remove his stripes.
- 14.) A point to ponder--is accepting the things you cannot change an act of serenity, or an act of sanity?
- 15.) Not being normal can be a very good thing.

THE PROGRAM

- 1.) It's where you discover you have not asked God enough.
- 2.) It turns flaming idiots into balls of fire that go around lighting everyone's candle.
- 3.) It's where people get religion.
- 4.) For some people the program is their religion of choice.
- 5.) One of the purposes of the program is to examine insanity.
- 6.) Some call it magic.
- 7.) The program is about changing your thinking from over thinking to rethinking.
- 8.) Program instruments: a drum, a horn, and a fiddle.
- 9.) Program utensils: a can opener, spatula, tongs, and a nutcracker.
- 10.) A program that takes a person out of his mind and out of the world.
- 11.) Program tools: a hammer, an air compressor, a drill, a broom, and a jackhammer

PONDERING THE STEPS

- 1.) Some people do the steps by sidestepping.
- 2.) Some people take such small steps that they never get their feet high enough to the ground.
- 3.) Skipping steps is one of the surest ways to slip.
- 4.) Even a normal person will slip if he tries to skip steps.
- 5.) Going back one step can be a giant step forward.
- 6.) If you turn around before you take a step, you will never go backwards.
- 7.) Sidestepping is the way we get stuck.
- 8.) When you find that you are stuck on a step, check to see if you are sidestepping.
- 9.) Side-stepping does not move you forward.
- 10.) If your steps are not built on the foundation of God, then you will eventually crumble.
- 11.) For me the 12 steps are about uncovering your tracks and walking in the footsteps of God.
- 12.) The steps go both ways

THE 12 STEPS AS SEEN BY TUCHY

- 1.) Some people believe they can recover by sidestepping.
- 2.) The 12 steps are straight and narrow; if you sidestep you will fall off the path.
- 3.) Practicing the 12 steps is the best way to learn how to stay on the wagon.
- 4.) There are two kinds of people in the 12-step program: those who step too, and those who step on others.
- 5.) God is the railing in the 12-step program that you must hold onto for support as you do the steps.
- 6.) Doing the steps requires you to pick up your feet.
- 7.) Make sure the 12 steps you are taking are not taking you in circles.
- 8.) A 12-stepper knows his mind is wasted.
- 9.) A person doing the 12 steps will tell you that the mind is not a terrible thing to waste.
- 10.) The 12 steps is akin to a recycling station; garbage in, clean material out.
- 11.) In the context of the 12-step literature, bigger is better.
- 12.) The big book—the 12-step bible.
- 13.) The 12-step program teaches you that you do not need variety to have spice in your life.
- 14.) The 12 steps is a process in which you are softened so that you can be remolded by the hands of God.

RECOVERY

- 1.) You are recovering when you reach the other side of insanity.
- 2.) You are recovering when you are near the side of sanity. (John Moser)
- 3.) Recovery—a grateful compulsive eater.
- 4.) A recovering Catholic is one who uses the program to have love and tolerance with the church and uses the principles of the program in their religious affairs.
- 5.) Believing that you have recovered is the start of your relapse.
- 6.) It is the only recovery program in which you are not expected to fully recover.
- 7.) Recovery comes when you hear another voice.
- 8.) Do you see it as a spiritual program of recovery or is it a program of spiritual recovery?
- 9.) Abstinence allows one to begin their emotional and spiritual recovery.
- 10.) Recovery is an attitude of gratitude with fortitude.
- 11.) Recovery is action that believes in itself.
- 12.) Recovery—what matters over the mind.
- 13.) Recovery starts with a doubt in your mind.
- 14.) The best eating contest is one that acknowledges the winners for having a normal weight.
- 15.) Recovery... when your hunger for life becomes more important than food.

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Health

- 1.) ZERO CALORIE FOOD-LOVE, SERVICE, TOLERANCE, KINDNESS, FORGIVENESS, AND ACCEPTANCE
- 2.) FILL YOUR HEAD WITH THE RIGHT FOOD AND YOUR BODY WILL GET ALL THE NOURISHMENT IT NEEDS
- 3.) DIETS DO NOT WORK BECAUSE THEY ARE TEMPORARY IN NATURE
- 4.) THE FOOD WE EAT TODAY WILL EITHER BRING US HEALTH OR SICKNESS TOMORROW
- 5.) It makes little difference if the toxins are ingested through the body or the mind, the result is the same--illness
- 6.) There are no shortages of programs that offer snake oil magic for ones eating problems
- 7.) A sweet tooth left unchecked produces a bitter result
- 8.) For some people their wait problem, causes their weight problem
- 9.) For some people. Real growth comes not from eating more, but from eating less
- 10.) Are those fixings really fixing?
- 11.) It is not the stone in the soup that one needs to be concerned about
- 12.) Not all food is fuel