

# It's Not You, It's Me. The Most Important Break Up Of Your Life: Ending Your Relationship With Obesity

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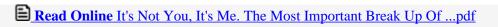
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#### It's Not You, It's Me. The Most Important Break Up Of Your Life: Ending Your Relationship With Obesity Jr., MPAS, PA-C, Mr. Robert P. Hold

It's no secret that American culture is idolized and mirrored around the world. This same culture that is feted far and wide also harbors a wealth of idiosyncrasies that have proven to produce quite a unique society. A society that revolves just as much around body image as it does a complicated relationship with food. A society where, in many locales, fast food franchises outnumber gyms, and emotional eating has become a widely practiced behavioral malady. New York City based Physician Assistant (MPAS, PA-C) Robert Hold, Jr., aims to neutralize these imbalances with his medical expertise and motivational life story of transcending obesity by losing over one hundred pounds in his groundbreaking new book "It's Not You, It's Me: The Most Important Break Up Of Your Life...Ending Your Relationship With Obesity." Over the course of 11 informative, page-turning chapters, the book manages the feat of traversing the often trite and bloated selfhelp genre by offering up a triumphant story of denial, acceptance, transformation, and transcendence enveloped in a knowledgeable weight loss manual written in memoir form. In the book, Robert boldly tackles a prevailing misconception about obesity that has long stigmatized a broad cross section of the population. "People who have never dealt with eating issues fail to realize that you can't stop overeating until you figure out why you're doing it in the first place. They don't comprehend that there may be something else going on." Robert's book skillfully digs beneath the psychological underpinnings of obesity with a candid look at his own struggle with being overweight, unabashed truthfulness, and meticulous medical training. "My own story was one of trying to battle my personal issues," he admits. With his powerfully resonant motto "lose weight, find yourself<sup>TM</sup>," Robert is poised to make an impact on an industry that often issues out band-aid fixes for wounds requiring a more intense healing process. It's safe to say American culture embraces many elements that have bred dysfunction amongst many. Robert, however, refuses to believe that we must be resigned to accepting the dysfunction as a normative – even as it eats away at the core of the flawed yet beautiful beings we are. It's Not You, It's Me: The Most Important Break Up Of Your Life...Ending Your Relationship With Obesity is a powerful, unparalleled tool for self discovery and dynamic breakthroughs offering a light at the end of a tunnel most have had difficulty finding. Robert is also keenly aware through research and empirical evidence that his personal story has the potential to positively affect a severely under recognized population when it comes to weight issues. "I feel that I can open this conversation and connect with people in the LGBTQ community in the way others may not be able to," he affirms, "because that's where I came from." However, his book suits anyone seeking positive change in their life, no matter their weight, gender, race, level of education, or sexual orientation. "Anyone can go buy a weight loss book or watch a weight loss show on television," says Robert. "There are not many experts out there like me who can say, 'I've done this too, I understand the struggle, the pain, and this is the story of how I got through it." This book is the modality. It has moments that will make you laugh and moments that will undoubtedly tug at your heartstrings. Most importantly it communicates the message that losing weight is far from miserable, as it is often perceived. "Weight loss is joyful and should be celebrated. Losing weight allowed me to discover the true human being who was hiding underneath all that excess weight. I wish for all overweight people to face themselves and face their fat in order to live a better life not only for themselves, but for their loved ones as well."



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