



ISSUE 118 AUG 2016

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eNews

“starvation gene” satiety - anxiety

This newsletter is kind of a bummer, in the sense that after almost 73 years on this planet one would think that I could figure out some aspects of my life that have bothered me ever since I can remember. But, not so, I am no closer than I was as a new college graduate, with my first job, that caused me so much anxiety that I was figuratively, sick to my stomach, every morning when I was awakened by the traffic going by outside my window heralding the news that I would soon have to go to work.

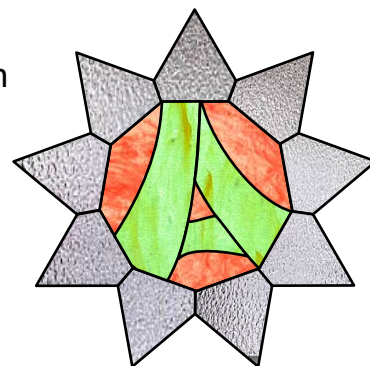
It is particularly heart breaking that I look back on this time in such a way since in all respects it was the “freest and most transformative” time in my life. I met some absolutely wonderful men, post-docs and graduate students at Caltech, played tennis with nobel prize laureates, listened to music by the LA philharmonic, glided above the mountains in sail planes, and sent to Catalina on a very large sail boat, did experiments, and kept notes for some awesome scientists. At this time I was encouraged to go to graduate school, and ultimately did. So why did I feel so “starved”.

All my life I’ve been abundantly blessed. Three living children, five healthy grandchildren, all just wonderful, a mother who is still alive, and four of the best siblings anyone could ever want. I had a husband (on whom I wish no ill) that was not committed to a relationship, but that is not new information.

I have constantly felt like I have been in “overdrive”, on “speed”, needing to “run”, move at warp factor 9, get the heck “going”, “hurry up and finish”, you get the jist. So I used to think that it was an energy flaw, something that was pumping up my adrenalin from a physical standpoint but now I am willing to consider that there is such a thing as the “starvation gene” where one is pressed to “seek” and “hunt” continually, being driven inside by the feeling that the end, or famine, or trouble is near. Being pressed to hunt, and find, pursue and devour, all day long everyday. Were I addicted to food to take care of this satiety I would weight 600 lbs. Anyone out there feel like this is true. ?

IN THIS ISSUE

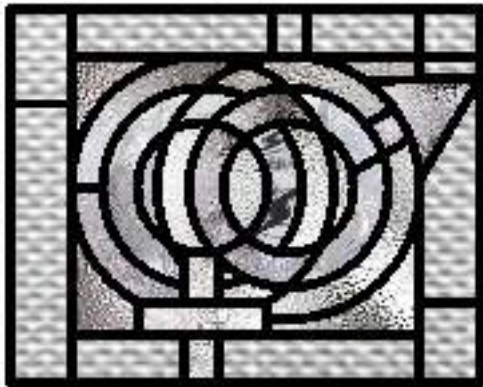
satiety.....	1
New Patterns.....	2
Coupon.....	4
Freebie.....	4



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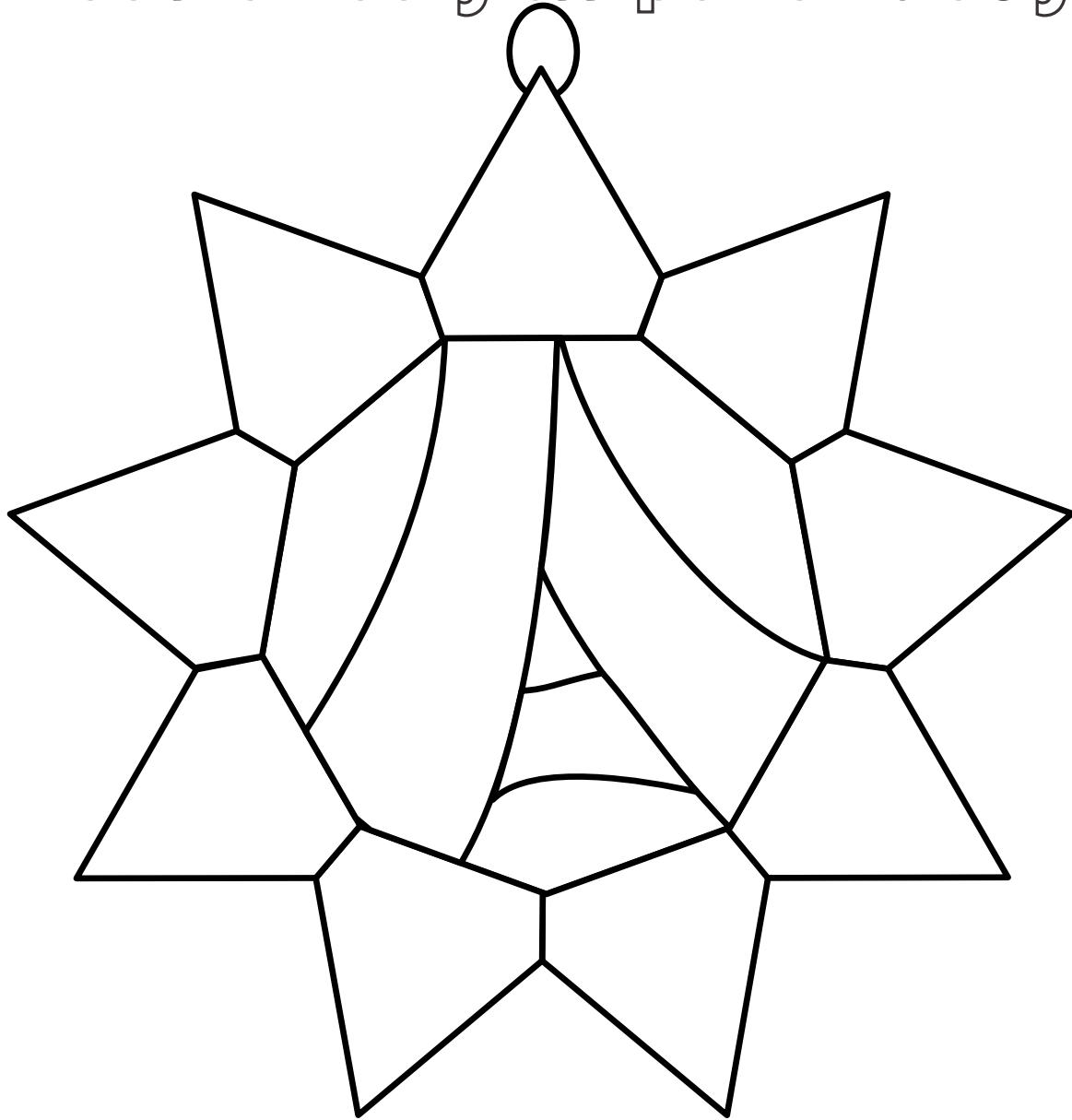




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