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Cruxpoint Health Breakthrough, Inc.

Your Obesity Can Teach You How to Live—If You Let It

Permanently reversing overweight or obesity may be the greatest challenge you've faced in life. At the same time doing so can give you the greatest rewards. It's wise to think of your weight at your teacher, providing you the feedback and guidance you need.

Obesity is not just a condition; it is a teacher. It's trying to get your serious attention. Obesity is feedback, like flashing lights on your dashboard, telling you you're off course or something's wrong.

It can teach you how to live, if you let it. It can expose every weakness in your choices and habits, and show you every environmental driver of weight gain. It will demand honesty where you may have preferred comfort, but honesty is your friend. It can guide you to a higher quality of life.

If you let it, your obesity will teach you how to live. It will show you that true hunger is not the growl in your stomach at 9 p.m. It will put on display the quiet erosion of energy, confidence, and years from your life. It will reveal how deeply food has been woven into emotions, stress, celebration, and boredom, and it will force you to untangle those threads one by one.

It will humble you with plateaus that feel eternal and setbacks that arrive just when you thought you were winning. It will prove that biology is not on your side in a world engineered to make you overconsume. It will show you that your brain lights up at the sight of processed rewards. Your hormones will conspire to slow your metabolism and your appetite will spike, the more weight you lose.

But in that struggle, if you face facts, obesity will also teach you resilience most people never have to learn. It will train you to plan meals when others grab whatever's convenient, to move your body when habit whispers "later," to say no when everyone else says yes. It will force you to become informed, set the right goals, change your environments, build systems, track and maintain progress, seek evidence-based help, and confront the mental patterns that got you here.

Most importantly, it will teach you that sustainable change is not about perfection—but it is about dedication. Consistent choices compounded over years. Forgiveness after slips, but never surrender. Very few challenges in life demand this level of long-term commitment. If you meet it head-on, obesity can become your friend and teacher, guiding you to a much better life. Let it teach you.