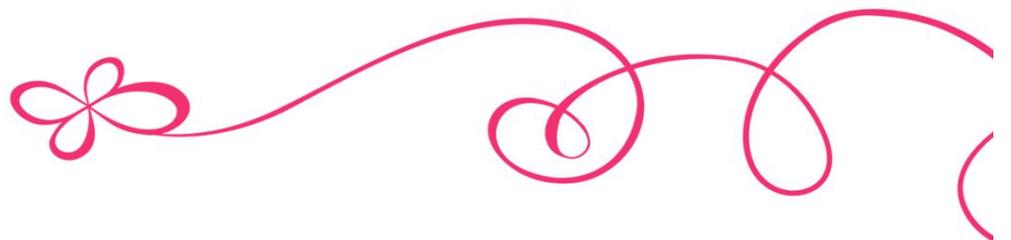


The Stressed  
Woman's Guide  
to ...



**Debora M. Coty**



**Calorie  
Consumption**

**The Stressed Woman's Ultimate Guide to  
Calorie Consumption**

OR

**Near-Facts of Science that Rock Your Universe**

**Debora M Coty**

Popular Speaker, Humorist and Award-winning author of  
numerous inspirational women's books, including the best-selling

***Too Blessed to be Stressed***

series

## **Polite Calories**

Calories that don't count because you're only consuming them to be polite.

Sacrificial scarfing with the sole purpose of sparing someone's feelings.

## **MSI: Mastication Stimulates Imagination**

The theory that mindless munching increases brainwave production. If not, why do we all do it?

I love the tale by author Karin Linamen about the time she tried to break herself of mindless nibbling by filling the munchie bowl she always kept on her desk with doggie kibble instead of corn chips. A short time later, she stopped cold when she realized she had a handful of kibble poised to enter her mouth. She returned it to the bowl, a little nauseated but feeling victorious over her bad habit. And so quickly too!

At the end of the morning when she completed the chapter she was working on, Karen stacked her papers and rose to leave her desk. Her eyes locked on the empty bowl glaring accusingly at her. *Gulp*. Where had all that kibble gone?

### **Flip-Flop Rule**

Chocolate consumption is inversely proportionate to chocolate application.

For example,  $\frac{1}{4}$  pound of consumed Godiva = 4 pounds of additional waist basket.

$\frac{1}{2}$  pound of Cadbury with almonds (my personal fave) = 2 pounds of thigh-u-lite.

### **Boo Baggage**

That two to three extra pounds that creeps up each year. Doesn't seem like much, until one day, ten years down the road, twenty-five rotten, stinking pounds jump out from behind you and yell, "Boo!"

### **Choco-Athlete**

One who exercises for the sole purpose of consuming more chocolate. Me, for example.

### **Chocolate Deficit Disorder: CDD**

Malady suffered by those for whom chocolate is a medical necessity.

Proper medication dosage is a choco-infusion every two hours; crucial for temperament stability of the afflicted and the mental health of all those in their vicinity.

### **Computer Chair Cauliflower Buns: CCCB**

Condition produced by four or more hours per day sitting in a computer chair.

Antidote: Get that rear in gear. Take frequent movement breaks every half-hour: stand, stretch, squeeze your buns, rise to your toes, do ten jumping jacks. Get your move groove on.

Don't sacrifice buns of steel for buns of dough.

Books featuring the offbeat blend of humor and hope of **Debora M. Coty**:

*Too Blessed to be Stressed*

*More Beauty, Less Beast*

*Fear, Faith, and a Fistful of Chocolate*

*Too Loved to be Lost*

*Mom NEEDS Chocolate*

*Too Blessed to be Stressed Cookbook*

*Too Blessed to be Stressed: 3-Minute Devotions for Women*

*Too Blessed to be Stressed Journal*

*Too Blessed to be Stressed Coloring Book for Women*

*Too Blessed to be Stressed 5-Year Keepsake Journal*

*Too Blessed to be Stressed: Inspiration for Every Day  
(365-day Devotional)*

Debora would love to connect with you through Twitter, Facebook, Instagram, Pinterest, and her website, [www.DeboraCoty.com](http://www.DeboraCoty.com). While you're there, be sure to subscribe to her Too Blessed to be Stressed blog and free e-newsletter!

To book Debora to share her unique brand of biblical truth gift-wrapped in humor with your ladies group, visit Deb's speaker's page at [www.DeboraCoty.com](http://www.DeboraCoty.com)