



M A G A Z I N E
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Dear OH Readers,

I recently ran across a quote by author, philosopher Albert Camus: *Autumn is a second spring when every leaf is a flower.* It made me think about the WLS journey and how those who have accomplished amazing transformations (and all who are in the midst of) are like that second spring, getting a second chance at living a healthy, more active lifestyle. It also made me think about how we put things into perspective—how we see the things around us and even how we see our own bodies. Why can't we think of the beautiful, colorful autumn leaves as the "flowers" of the fall season? Why is it that when we look in the mirror, we sometimes can't see our own true reflection and celebrate the blossoming of all that we have accomplished? No matter where you are on your WLS journey, I hope that you will remember that you are a flower in each season.

In this issue of OH Magazine, OH members and authors share their insights and thoughts on body image in the article entitled: *Mirror, Mirror On The Wall...Who Is That?* (Page 26) Our cover story, *LOSS: A Story of Bariatric Surgery & Divorce* (Page 56) features Jasmine Meyers who lost 200 pounds and, unfortunately, a husband along the way as her marriage crumbled post bariatric surgery. In her article, *You're Not The Boss Of My Body* (Page 38) Dr. Michelle May provides tips on how to support healthy habits in children. Enjoy these articles and so much more in this issue of OH Magazine.

Have a healthy and happy fall season!

All my best,

Tammy J. Colter
Editor-In-Chief

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