

GOALS

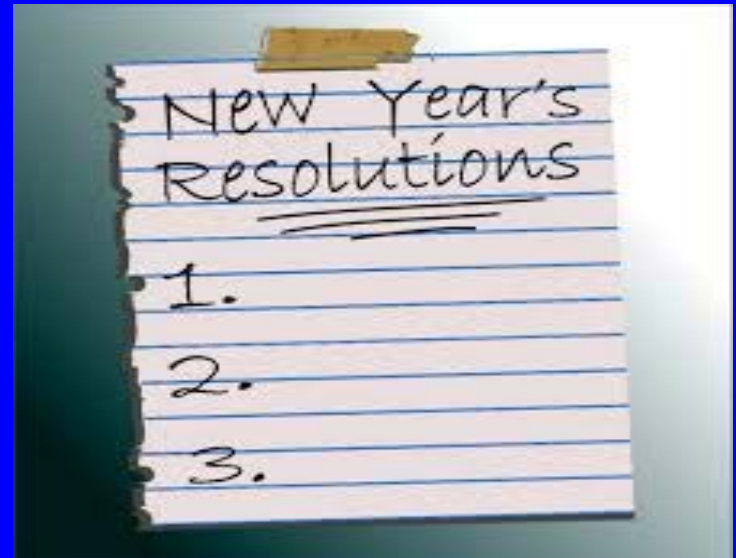
1. To explore the changing nature of health problems in America
2. To delineate healthy eating from the perspective of nutritional science
3. Provide a Torah based perspective regarding healthy eating

GOALS

1. Explore the root cause of our difficulty in initiating health behaviors
2. Assess why it is becoming harder for us in our generation
3. What can we do about it?

Bad Habits

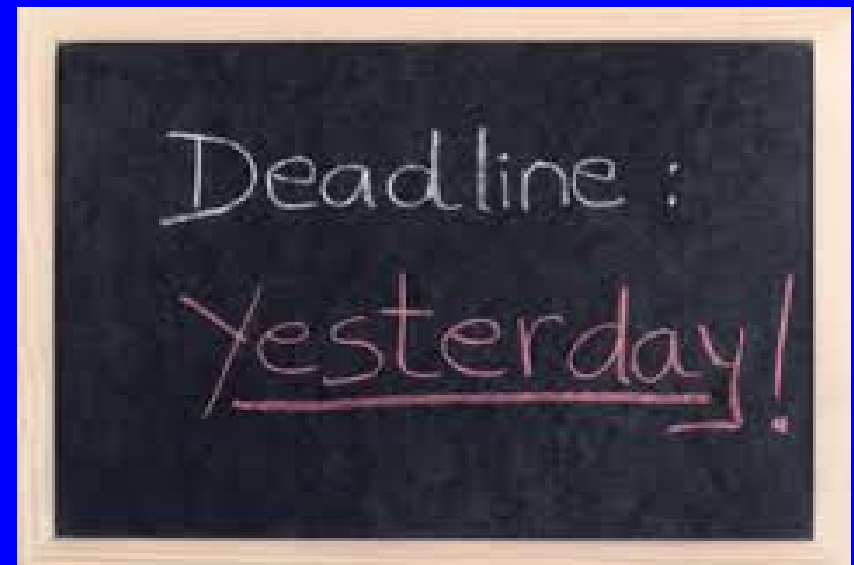
Breaking Resolutions



Failing to Save



Keep missing deadlines



The human condition

***We continue to
engage in
behaviors we
want to stop***

***Do not initiate
behaviors that
we feel will be
beneficial***

Michael

- 54 yo male, complaining of chest pain.
- Found to have high cholesterol and borderline elevated blood pressure
- Moderately overweight & highly sedentary

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Dx: Chest pain w/u is negative; but @ risk for hypertension and heart disease.

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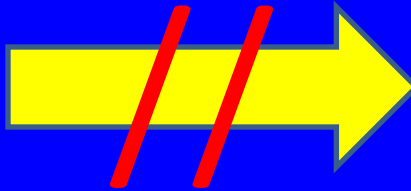
Rx: Improve diet, lose weight, and start exercising.

A common medical conundrum

*Despite
medical
risk...*

- Continue a poor diet
- Fail to lose weight
- Fail to be more active
- Continue to smoke
- Ignore medical advice
- Forget medications

KNOWLEDGE



BEHAVIOR



Why?

Torah

*Instructions for
Living*

Genesis 2:7

“And Hashem G-d formed the man of dust from the ground, and He blew into his nostrils the soul of life; and man became a living being”

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“BODY” versus “SOUL”

1. Represent two opposing inclinations

OPPOSITIONAL DRIVES

SOUL

Meaning

Growth oriented

Spiritual pleasure

Delayed gratification

Enjoys responsibility

Willing to take risk

BODY

Comfort

Lazy

Physical pleasure

Lives in the present

Hates regulations

Craves security

Universal source of human tension

*If you want to
grow, you can't
be comfortable*

*If your desire is
comfort, you
can't grow*

“BODY” versus “SOUL”

1. Represent two opposing inclinations
2. The conflict gives life its meaning

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BODY

Comfort

Lazy

Physical pleasure

Lives in the present

Hates regulations

Craves security

Without the resistance

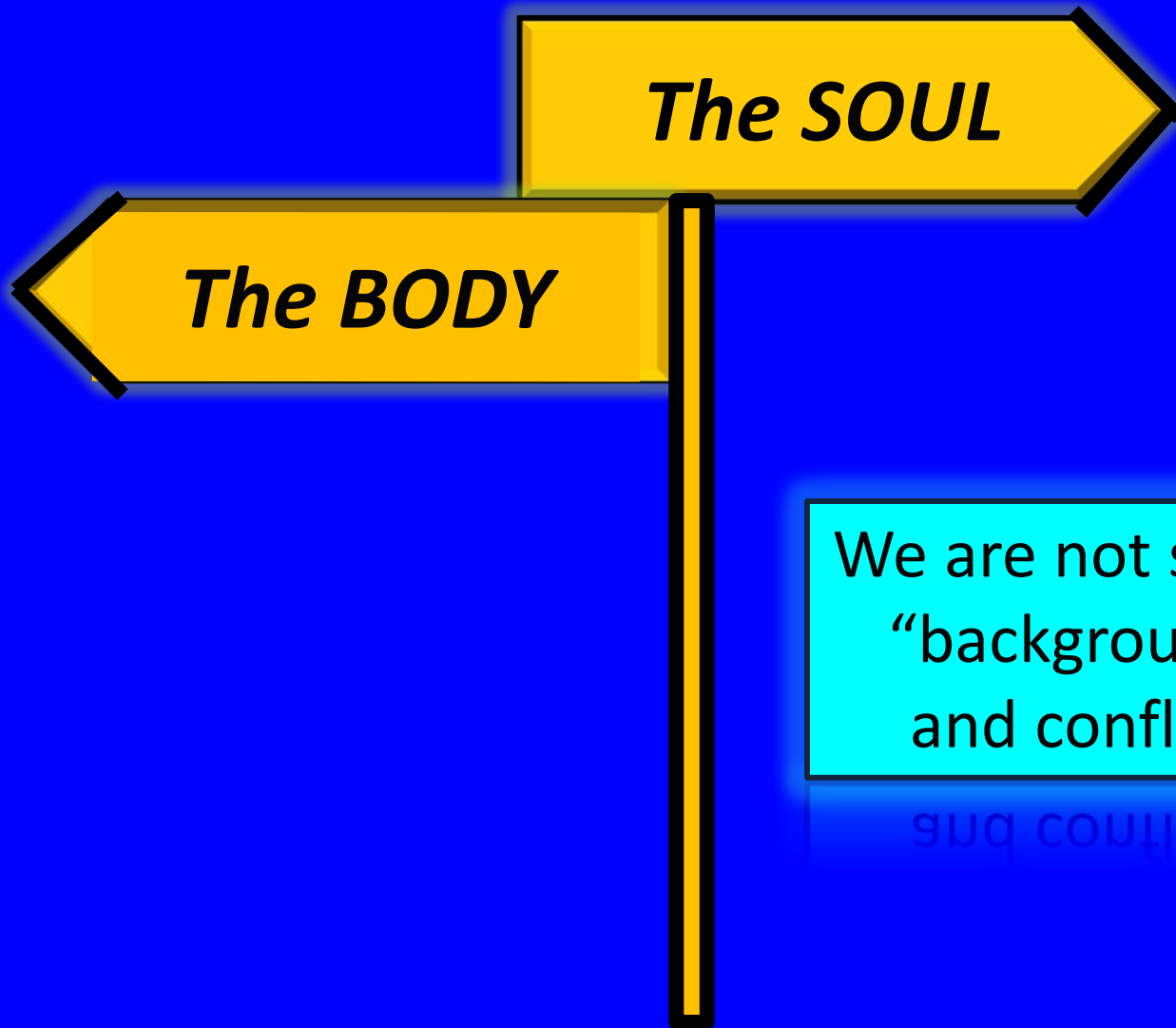
There would be no concept of:

- Courage
- Fortitude
- Patience
- Altruism
- Self-sacrifice

“BODY” versus “SOUL”

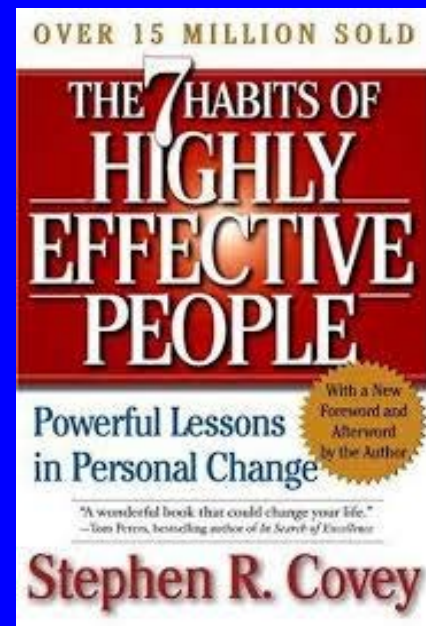
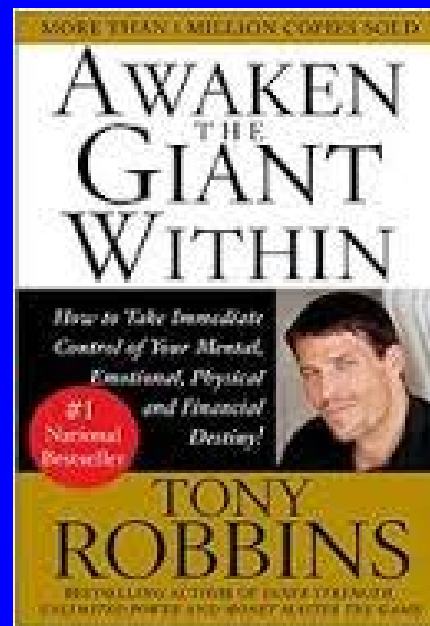
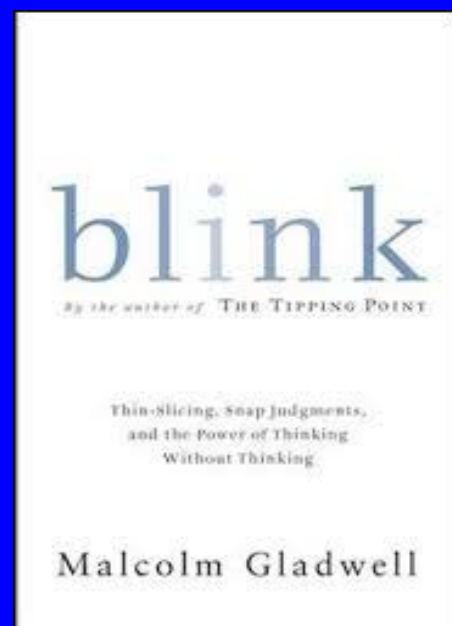
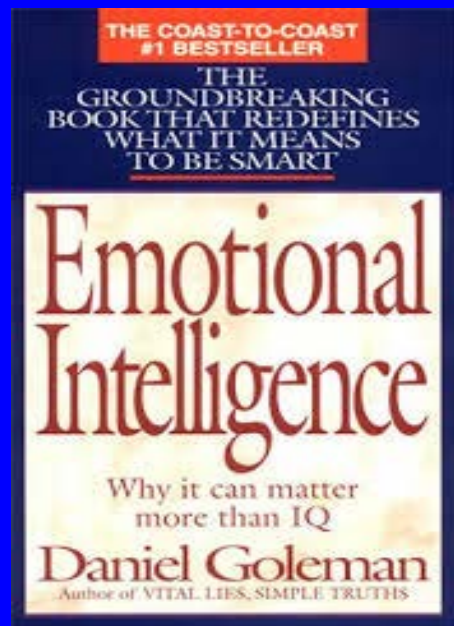
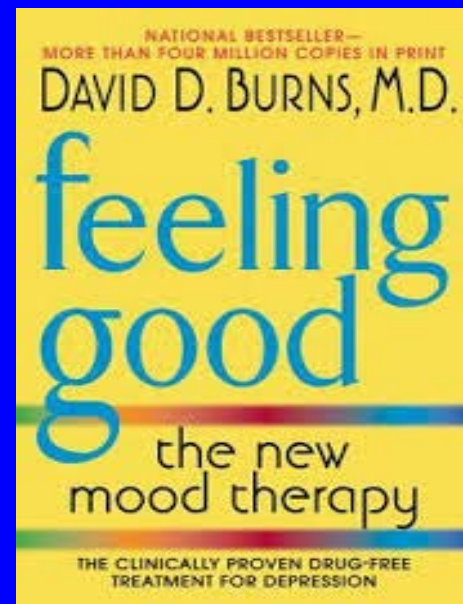
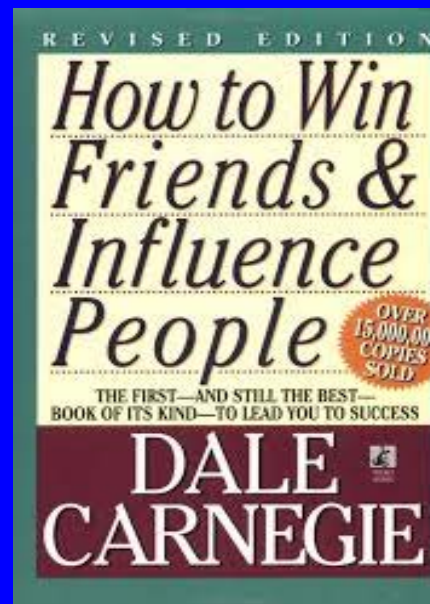
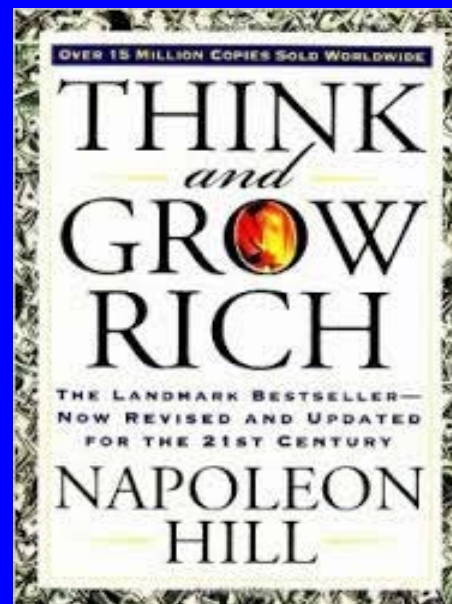
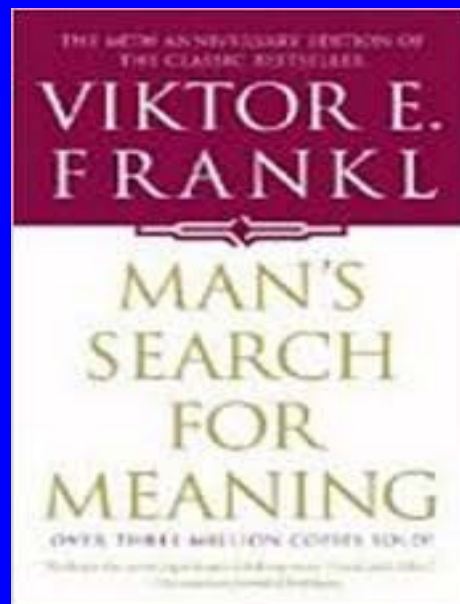
1. These inclinations oppose each other
2. The conflict gives life its meaning
3. This conflict is largely unknown

WHY IS THIS CONFLICT NOT KNOWN?



We are not so self-aware of our
“background” conversations
and conflicting inclinations

and conflicting inclinations



WITH A NEW INTRODUCTION BY THE AUTHOR

THE
**ROAD LESS
TRAVELED**

25TH
ANNIVERSARY
EDITION

*A New Psychology of
Love, Traditional Values
and Spiritual Growth*

M. SCOTT PECK, M.D.



“No matter how seemingly healthy and spiritually evolved we are, there is still a part of us, however small, that does not want us to exert ourselves, that clings to the old and familiar, fearful of any change or effort, desiring comfort at any cost and absence of pain at any price.....

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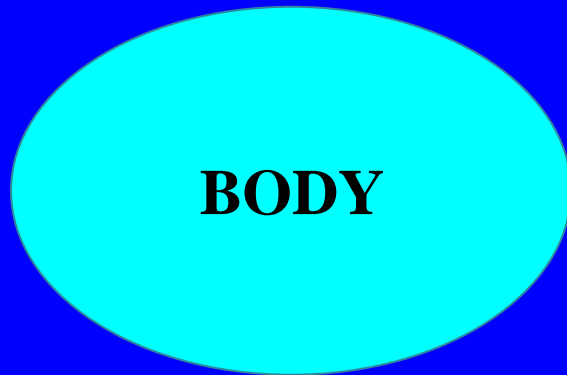
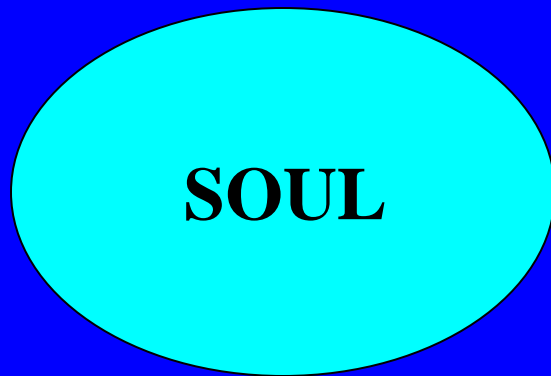
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“BODY” versus “SOUL”

1. These inclinations oppose each other
2. This conflict gives life its meaning
3. This conflict is largely unknown
4. The “yetzer hora” uses subterfuge





The alarm conversation...

Soul: "The alarm went off. It is time to get up!"

Body: "I'm so tired. I need to sleep a bit longer"

Soul: "But we have important work to do today"

Body: "Oye, but I did not get enough sleep yet!"

Soul: "C'mon, we'll regret coming in late today"

Body: "Just 10 more minutes – and then we can be even more productive today!"



Mike's candy bar conversation...

Soul: "I shouldn't eat this energy bar today"

Body: "C'mon. It is really tasty"

Soul: "Yes, but we have to start our new diet..."

Body: "Oh please, sure, Ok. But not today!"

Soul: "Look – we have to get serious about this!"

Body: "Yeah, but I am so tense right now and we have this important deadline. If we have the bar, it will help us push ahead"

BODY VERSUS SOUL

1. These inclinations oppose each other
2. This conflict gives life its meaning
3. This conflict is largely unknown
4. The “yetzer hora” uses subterfuge
5. This conflict helps explains the seemingly illogical behavior of patients

BEHAVIORAL ECONOMICS

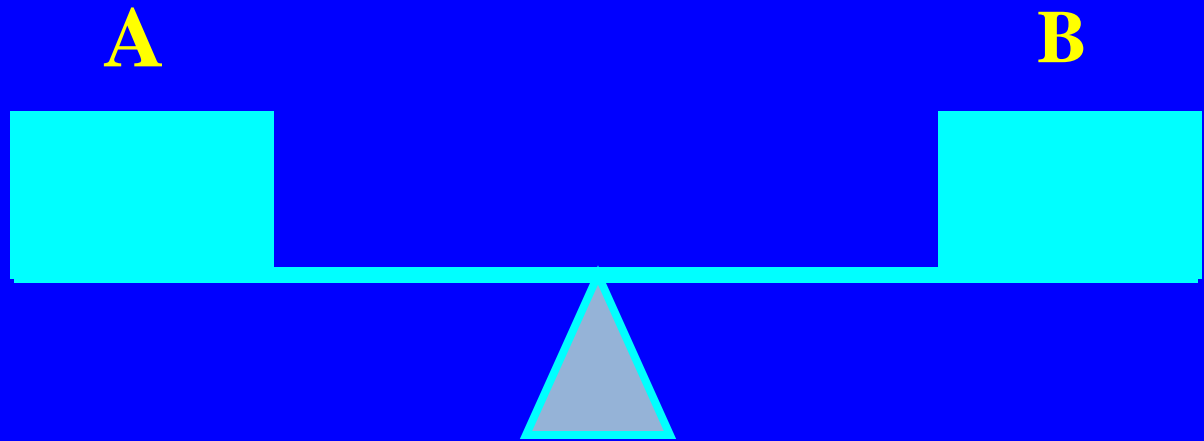
There is a universal
tendency to overvalue what
is in the *present*, and
undervalue what is in the
future

future

undervaluing must be in the

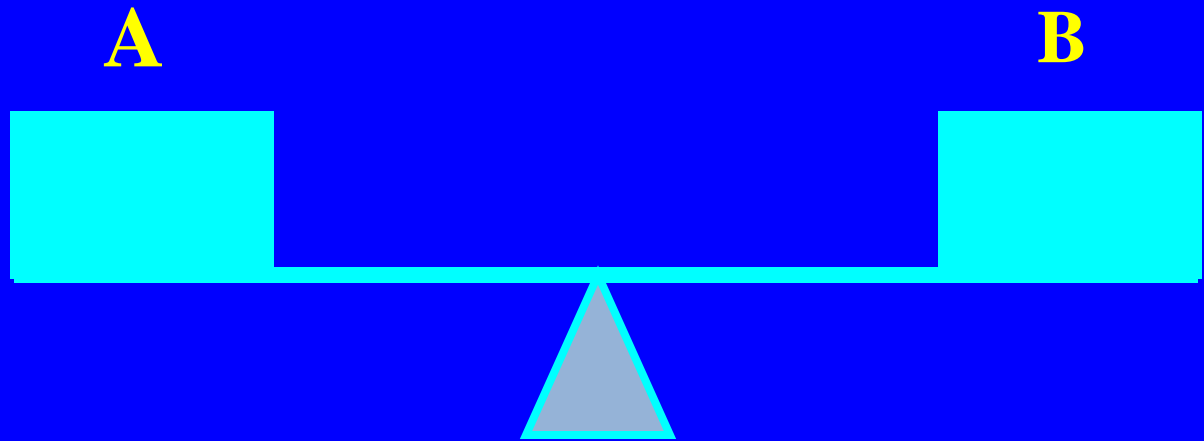
The Principle of Intertemporal Discounting

TWO EQUAL
CHOICES
($A=B$)



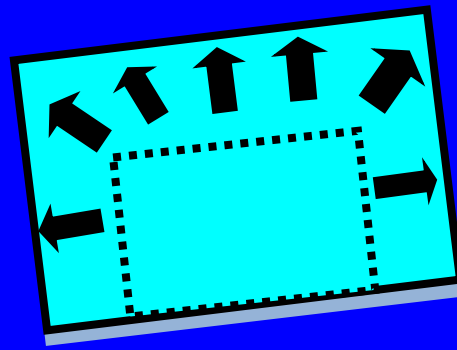
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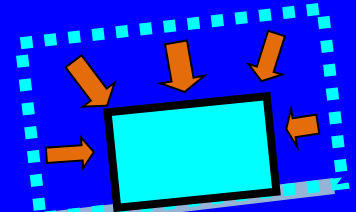


“A” is now a
PRESENT
CHOICE

$A = \textit{now!}$



$B = \textit{Future}$



Michael

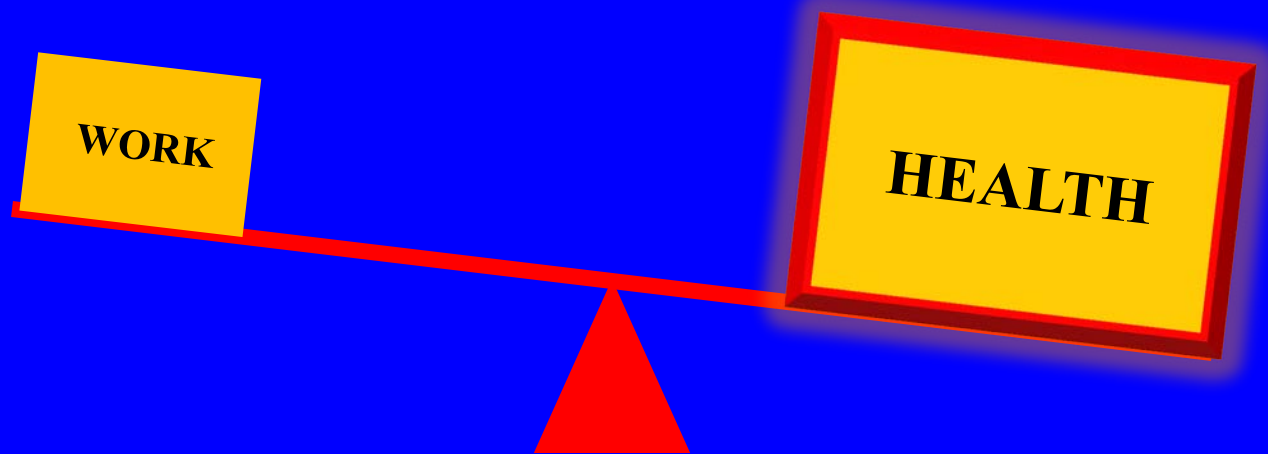
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Rx: Improve diet, lose weight, and start exercising.

PRINCIPLE OF TEMPORAL DISCOUNTING

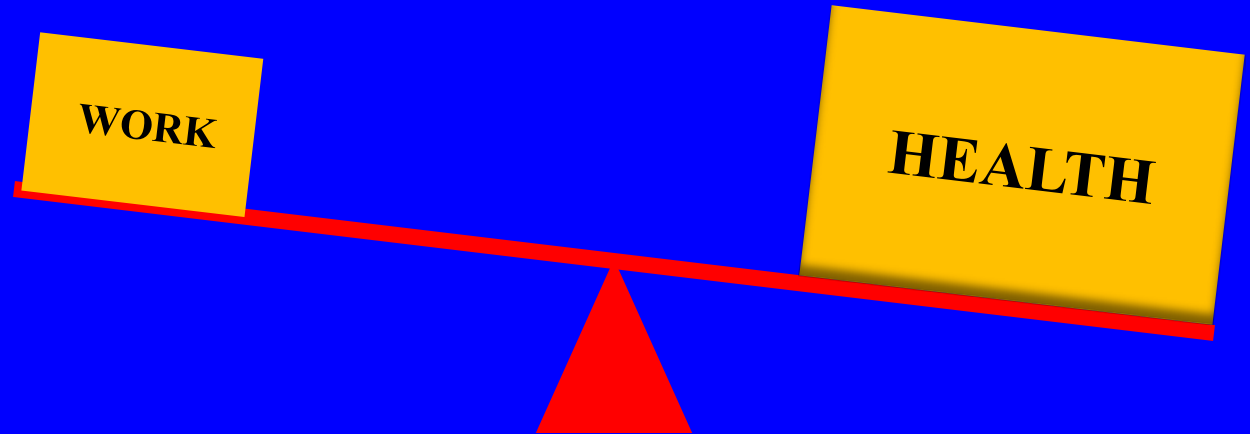
IN
DOCTOR'S
OFFICE



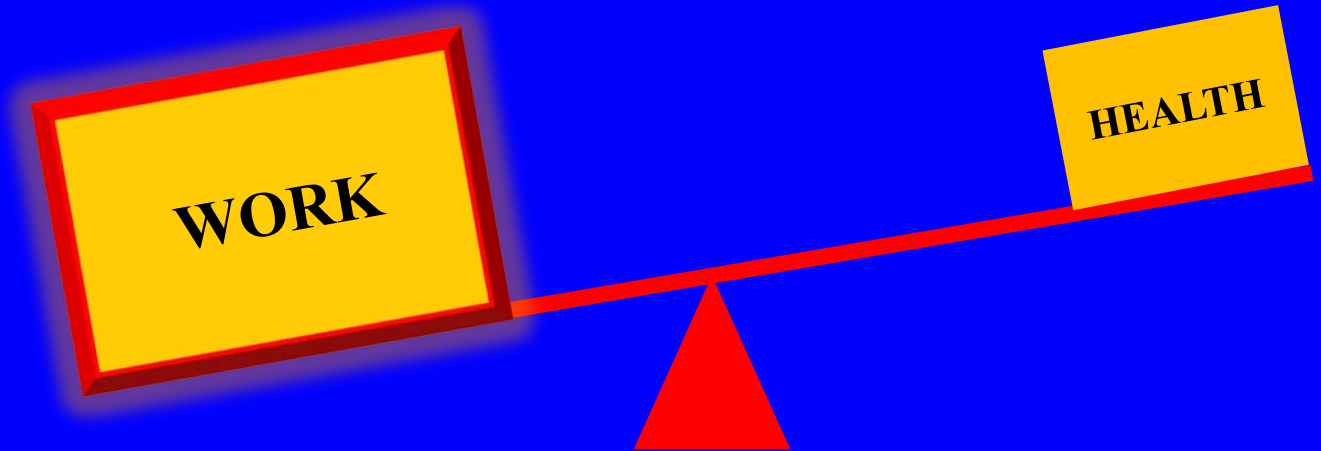
My health is certainly more
important than my work.

PRINCIPLE OF TEMPORAL DISCOUNTING

IN
DOCTOR'S
OFFICE



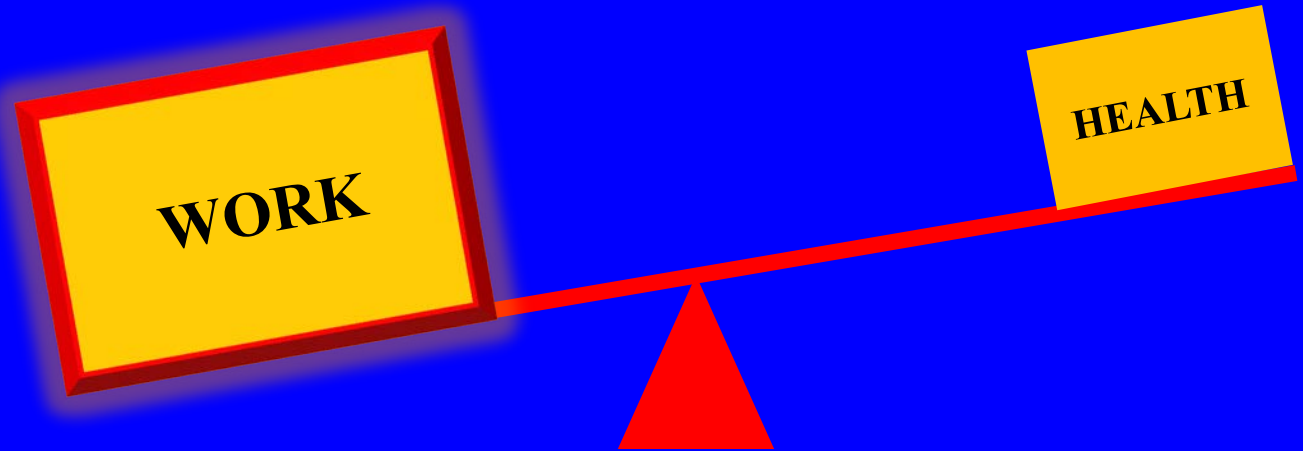
BACK AT
WORK



PRINCIPLE OF TEMPORAL DISCOUNTING

**My work is really pressing
today! I will start my diet
TOMORROW.**

**BACK AT
WORK**



GOALS

1. Explore the root cause of our difficulty in initiating health behaviors
2. Assess why it is becoming harder for us in our generation
3. Assess what can we do about it

Current trends

- Life is increasingly physicalized
- Frequent multi-tasking
- More complex and competitive world
- Increasing time pressure
- Decreasing attention span
- Decline in patience

Torah portions of GENESIS

Bereishis

Veyeitzei

Noach

Vayishlach

Lech Lecha

Vayeishev

Vayeira

Mikeitz

Chayei Sarah

Vayigash

Toldos

Vayechi

Going into *Gulles* (i.e., Exile)

Bereishis

Noach

Lech Lecha

Vayeira

Chayei Sarah

Toldos

Veyeitzei

Vayishlach

Vayeishev

Mikeitz

Vayigash

Vayeichi

Gulles

***No open
space***

2bac6

Exodus 8: 8-9

“I shall bring you to the land about which I raised MY hand to give it to Abraham, Isaac and Jacob, and I shall give it to you as a heritage – I am Hashem”.

Exodus 8: 8-9

“So Moses spoke accordingly to the Children of Israel; but they did listen to Moshe because of shortness of breath and hard work”.

ולא שמעו אל משה מקצר רוח
ומעבדה קשה

ברכות TO [א]

כל הדוחק את השעה שעה דוחקתו

וכל הנדחה מפני השעה שעה נדחה
מפניו

ברכות סד [א]

He who “pushes” the hour, EVERY
hour will “push” him.

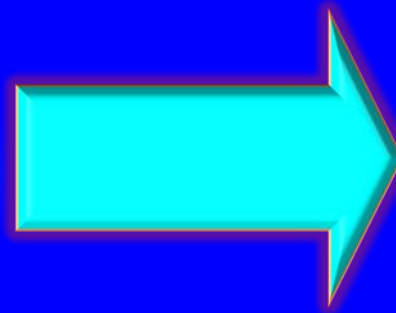
He who falls before the hour, EACH
hour falls before him.

PUSHING THE HOUR



*Pushing to fit
whatever you can
into the time you
have*

**PUSHING
THE
HOUR**

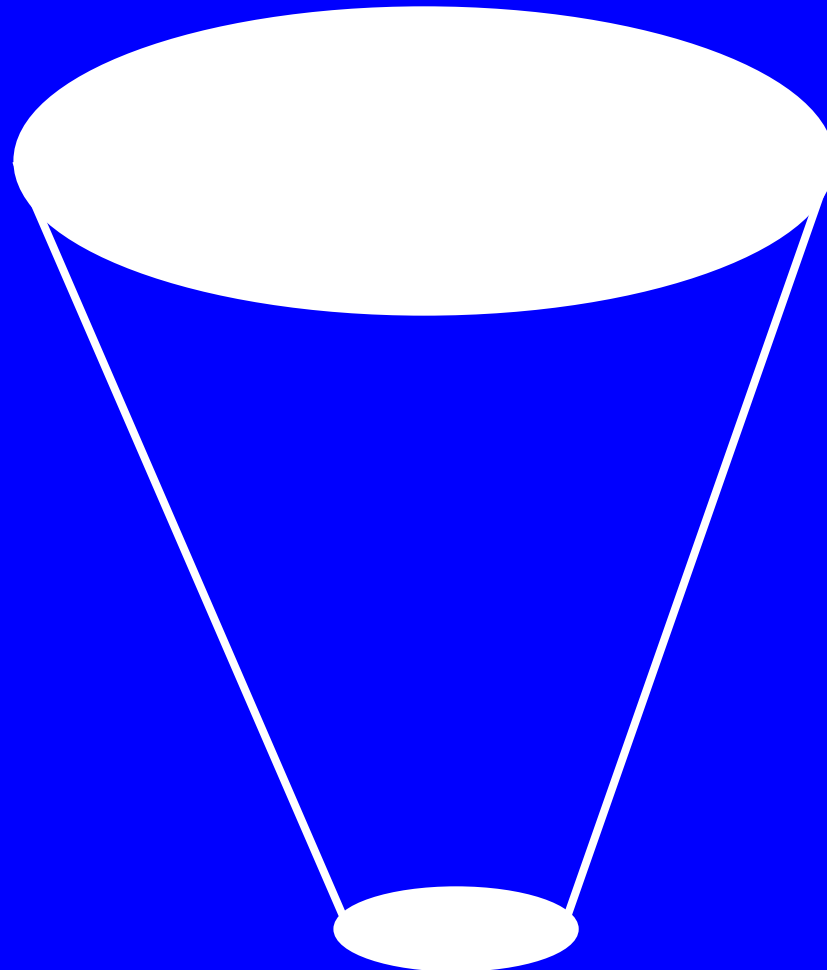


**TIME-
PRESSED
MINDSET**

HOOK

WILLADORE

Expanded Mindset



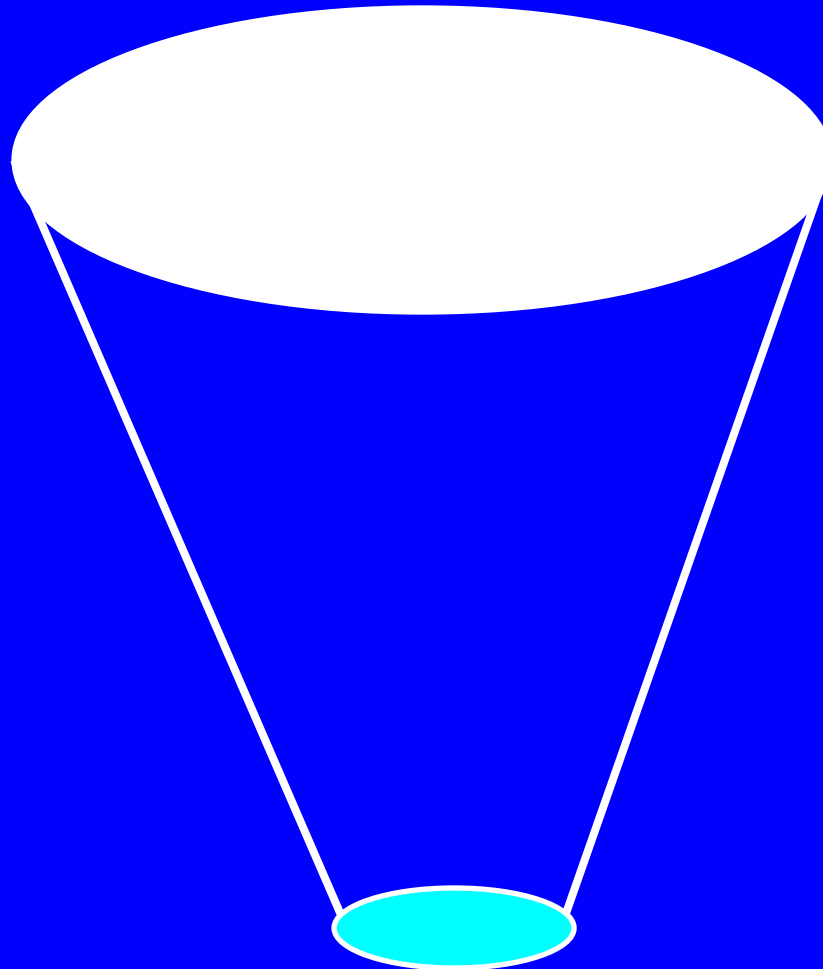
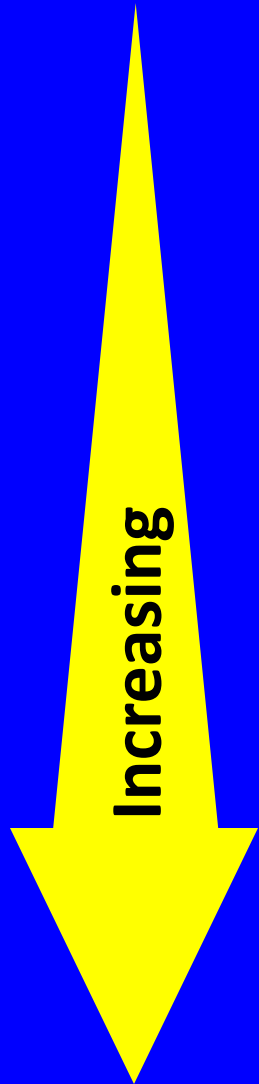
*Constricted
Mindset*

- Broad minded
- Calm
- Smell the roses
- Creative
- Generous
- Graceful
- Flexible

- Present centered
- Tense
- Constricted
- ↓ creativity
- Closed to others
- “Touchy”
- Inflexible

**Time
Pressure**

Expanded Mindset



Time Pressed

- Broad minded
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Latest emails

Text

messaging

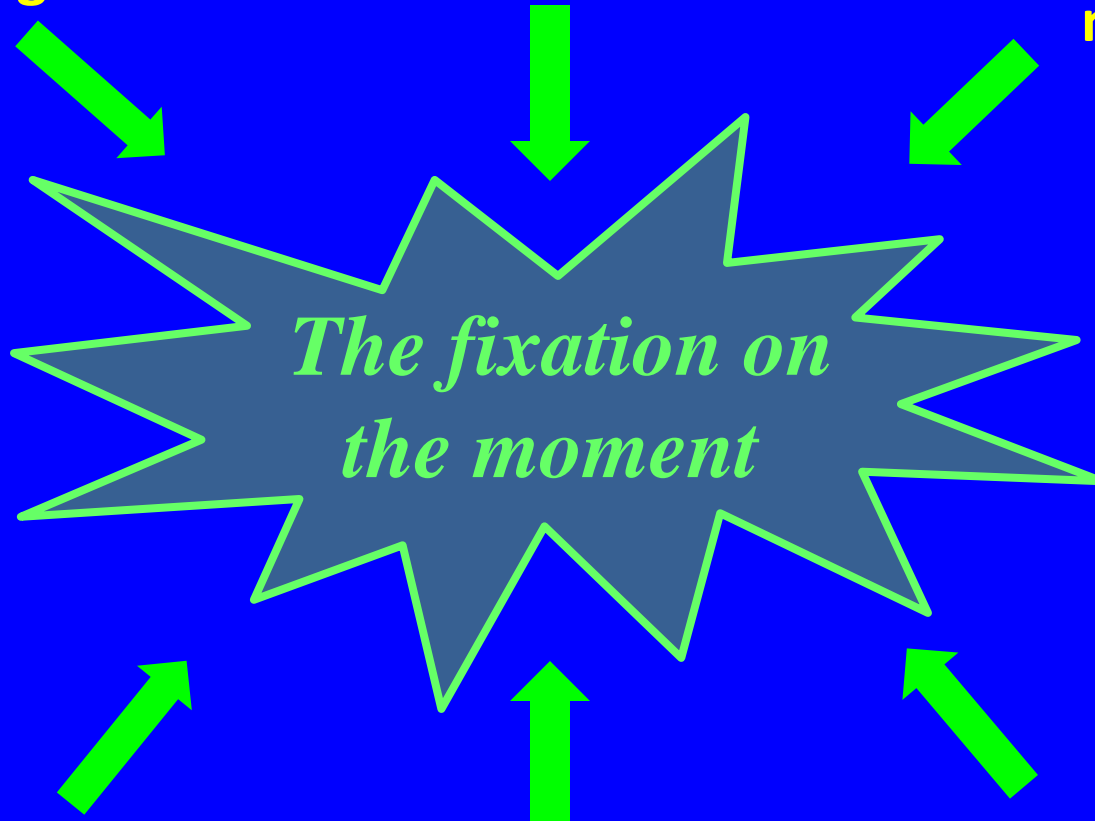
Multi-tasking

*The fixation on
the moment*

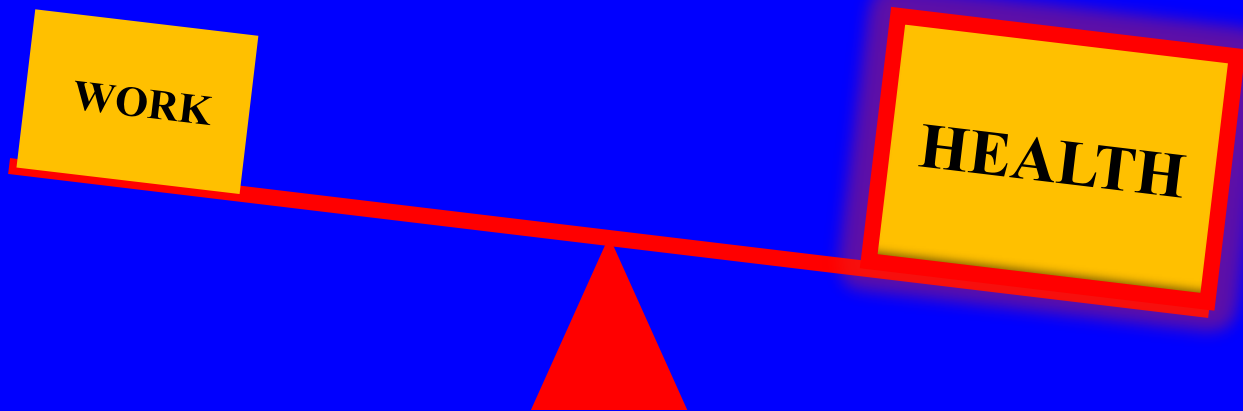
**The allure of the web,
cell phone, social
media**

**More people
contacting
me**

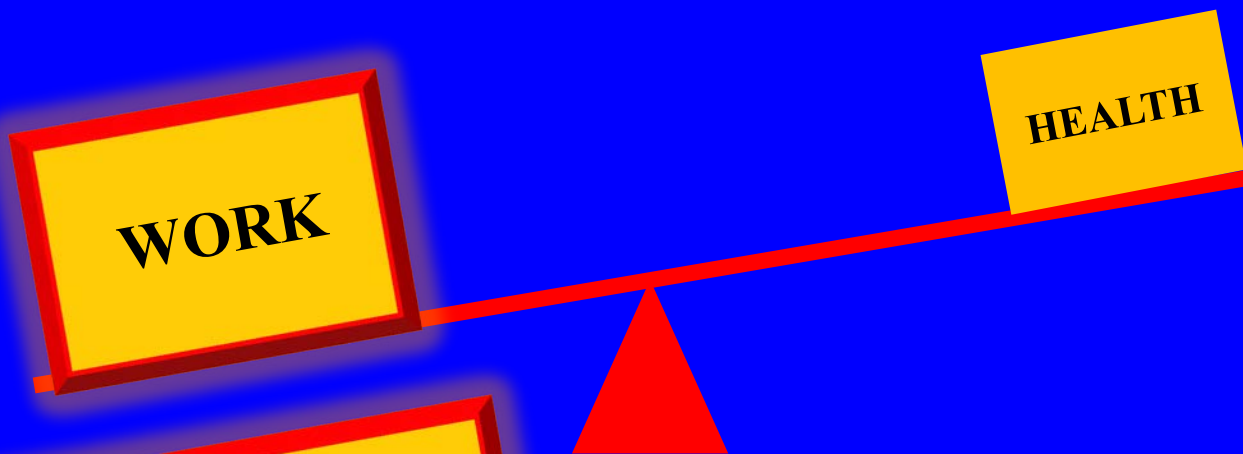
**Increased pace of
life**



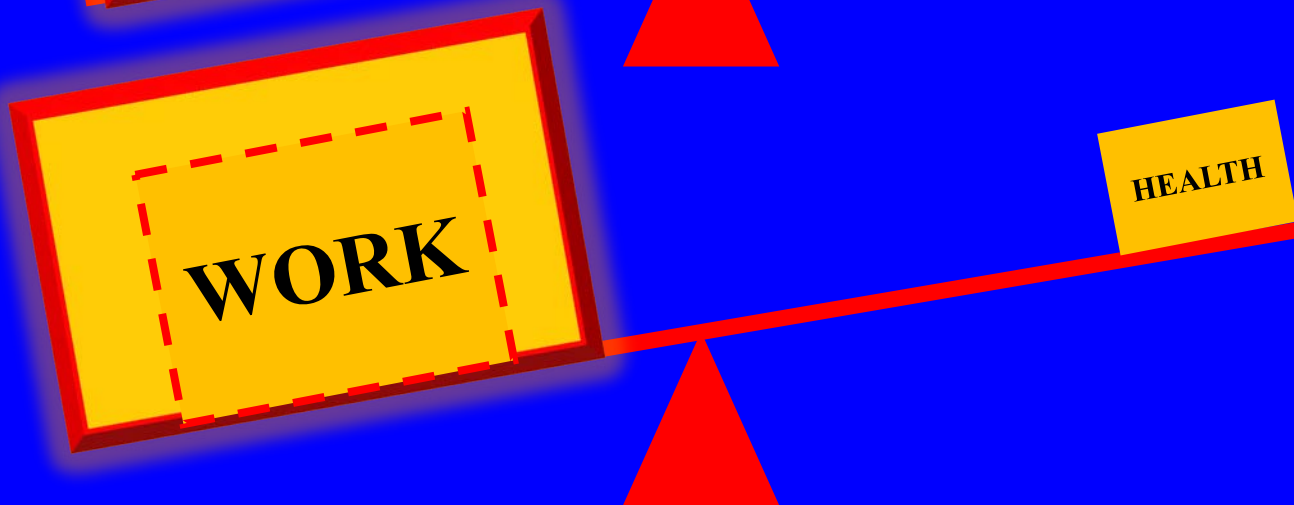
**IN
DOCTOR'S
OFFICE**



**BACK AT
WORK**



**INCREASING
STRESS**



GOALS

1. Explore the root cause of our difficulty in initiating health behaviors
2. Assess why it is becoming harder for us in our generation
3. What can we do about it?

USEFUL TOOLS

1. You have to have a strong “WHY”

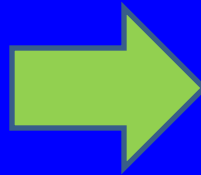
Principle of Autonomy

**Exogenous
Reasons**

**Endogenous
Reasons**

Principle of Autonomy

**Exogenous
Reasons**

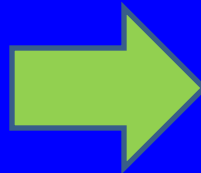


- **Reasons of others**
- **Fear**
- **External rewards**
- **Peer Pressure**
- **Logic**

**Endogenous
Reasons**

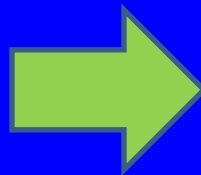
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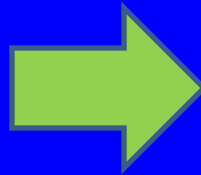
**Endogenous
Reasons**



- *MY* reasons
- *MY* way

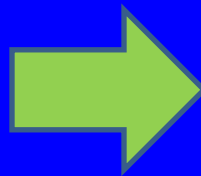
Principle of Autonomy

**Mike's
doctor**



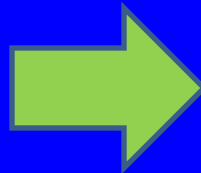
**Decrease Mike's future
health risk**

**Mike's
Reasons**



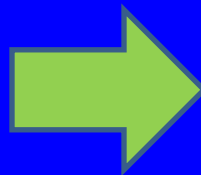
Principle of Autonomy

**Mike's
doctor**



**Decrease Mike's future
health risk**

**Potential
Reasons
for Mike**



- **Feel better**
- **Do the "right thing"**
- **Increase self-esteem**
- **Please his wife**
- **Live for his kids**

The principle of Autonomy

“Motivation is a fire from within.
If someone else tries to light
that fire under you, chances are
that it will burn very briefly”

Stephen Covey

USEFUL TOOLS

1. You have to have a strong WHY
2. The “WHY” must be grounded in action

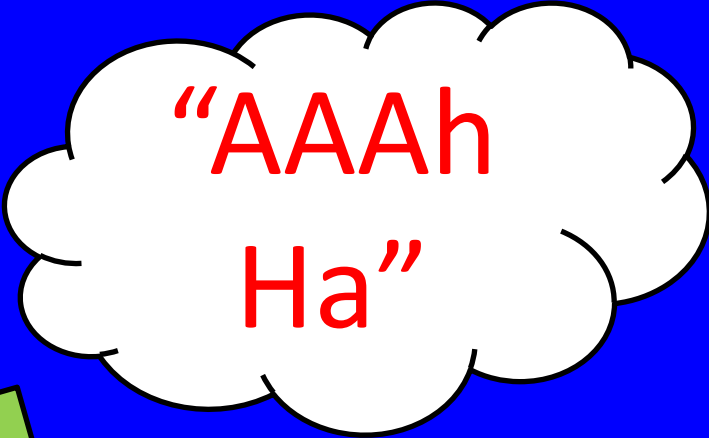
Inspiration is usually not sufficient

“The road to hell is
paved with good
intentions”

INSURGENT



Inspiration



“AAAh
Ha”

The diagram features a central green oval with a white border containing the word 'Inspiration'. Two yellow arrows originate from the right side of this oval. The upper arrow points towards the word 'Fleeting' and is labeled 'No Action'. The lower arrow points towards the word 'Lasting' and is labeled 'Action'. The words 'Fleeting' and 'Lasting' are preceded by small green dots. The entire diagram is set against a solid blue background.

Inspiration

No Action

• Fleeting

Action

• Lasting

Today's to-do List

☐

"A"

☐

"B"

☐

"C"

☐

"D"

☐

"E"

Today's to-do List



"A"



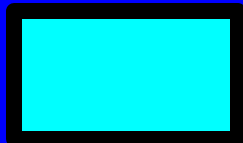
"B"



"C"



"D"



Anchor Step

USEFUL TOOLS

1. You have to have a strong WHY
2. Create an “anchor step”
3. Make your action steps SPECIFIC

The Law of Specificity

The more specific
the plan, the more
likely you will do it

likely you will do it

Motivation

- Be healthy

Goal

- Exercise Regularly

Plan

- Join Health club

Action

- Workout 3x/ week

Specifically

- ½ hour after work

USEFUL TOOLS

1. You have to have a strong WHY
2. Create an “anchor step”
3. Make your action SPECIFIC
4. Use the “Power of the First Step”

**“Yetzer
Tov”**

**“Yetzer
Hora”**

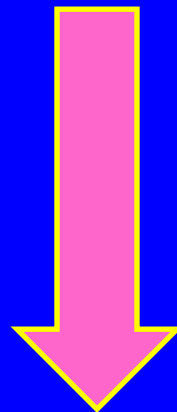
***“Foolish Old
King”***

“FOOLISH OLD KING”

“FOOLISH

OLD

KING”

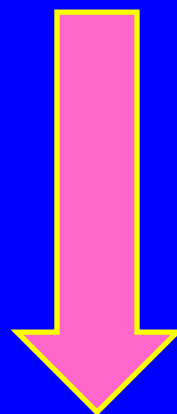


Wily

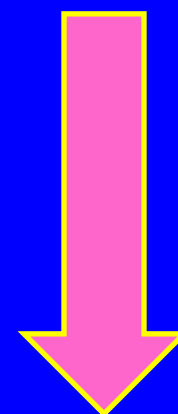
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OLD

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Wily

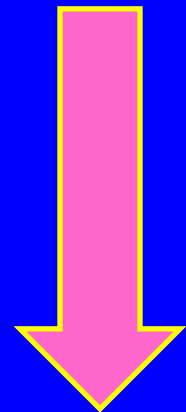
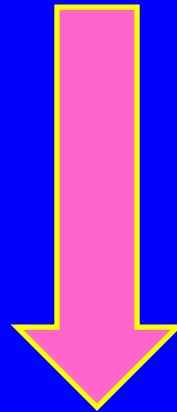


**All the
power**

“FOOLISH

OLD

KING”



**Small steps
don't count**

Wily

**All the
power**

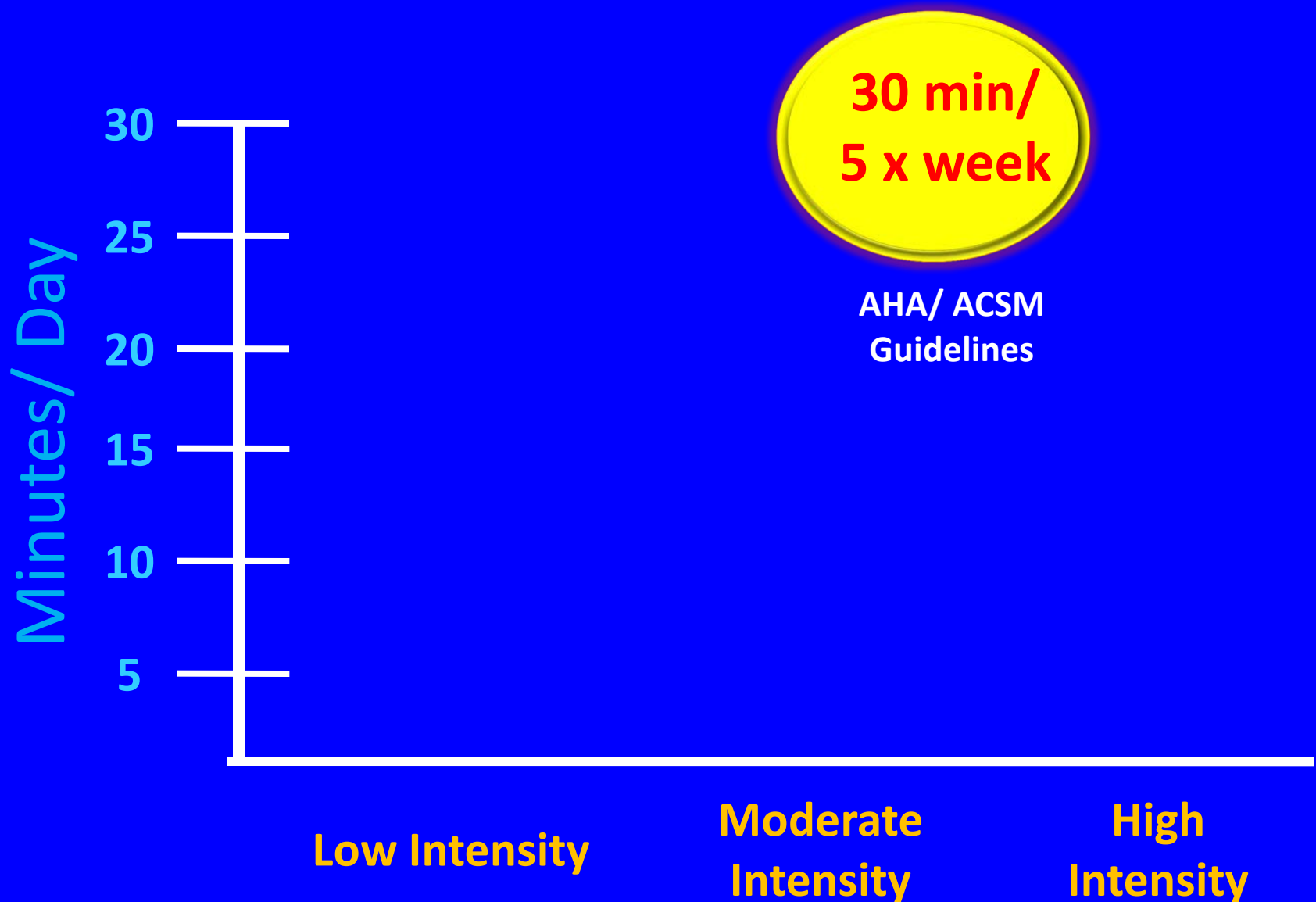
The Power of the First Step

Commit to a small action that
you know you can keep
– no matter how small!

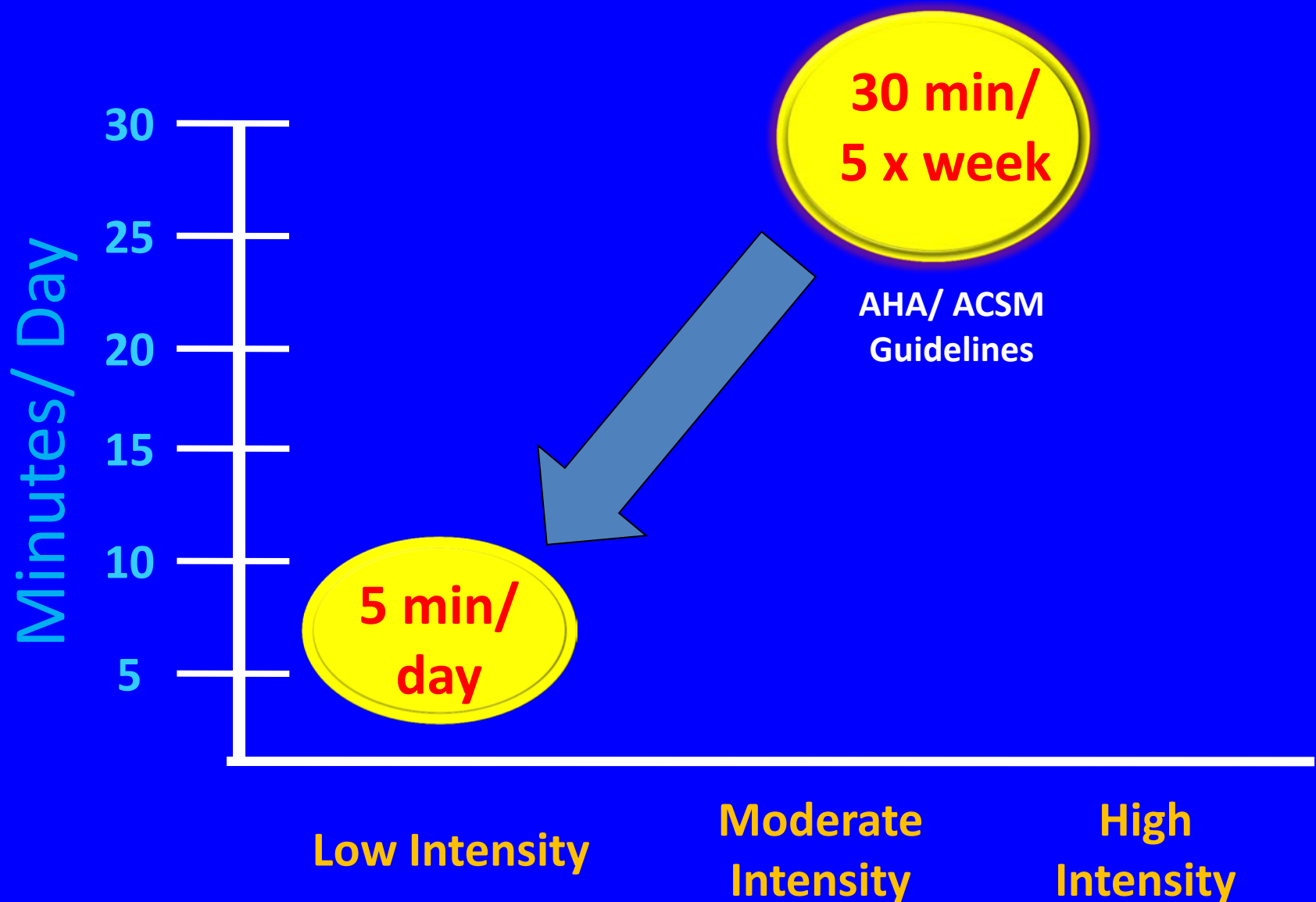
SELF-EFFICACY

*People set goals and initiate new behaviors in accordance with what they **BELIEVE** they can accomplish*

Exercise recommendations



Prescription for Mike



THE “FIRST STEP” IS A *LITMUS TEST*

It tests people's true commitment
because it takes time out of the
equation!

USEFUL TOOLS

1. You have to have a strong WHY
2. Create an “anchor step”
3. Make your action SPECIFIC
4. Use the “Power of the First Step”
5. Self-monitor yourself

Self-monitoring

Monitoring food intake

**Daily
Weights**

**Food
Diary**

**Food
Apps**

USEFUL TOOLS

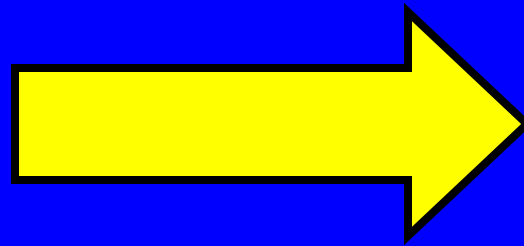
1. You have to have a strong WHY
2. Create an “anchor step”
3. Make your action SPECIFIC
4. Use the “Power of the First Step”
5. Self-monitor yourself
6. Implementation Intentions



PRACTICE

HABIT

PRACTICE



HABIT

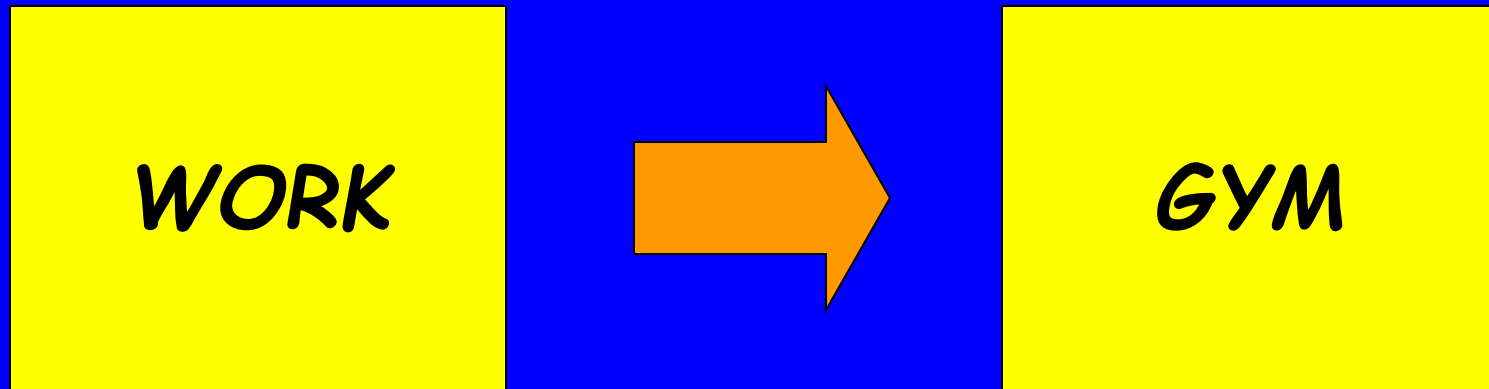
Mindful

Effort

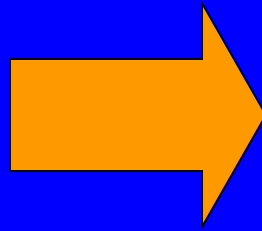
Consistency

Competing priorities

MIKE'S NEW PRACTICE

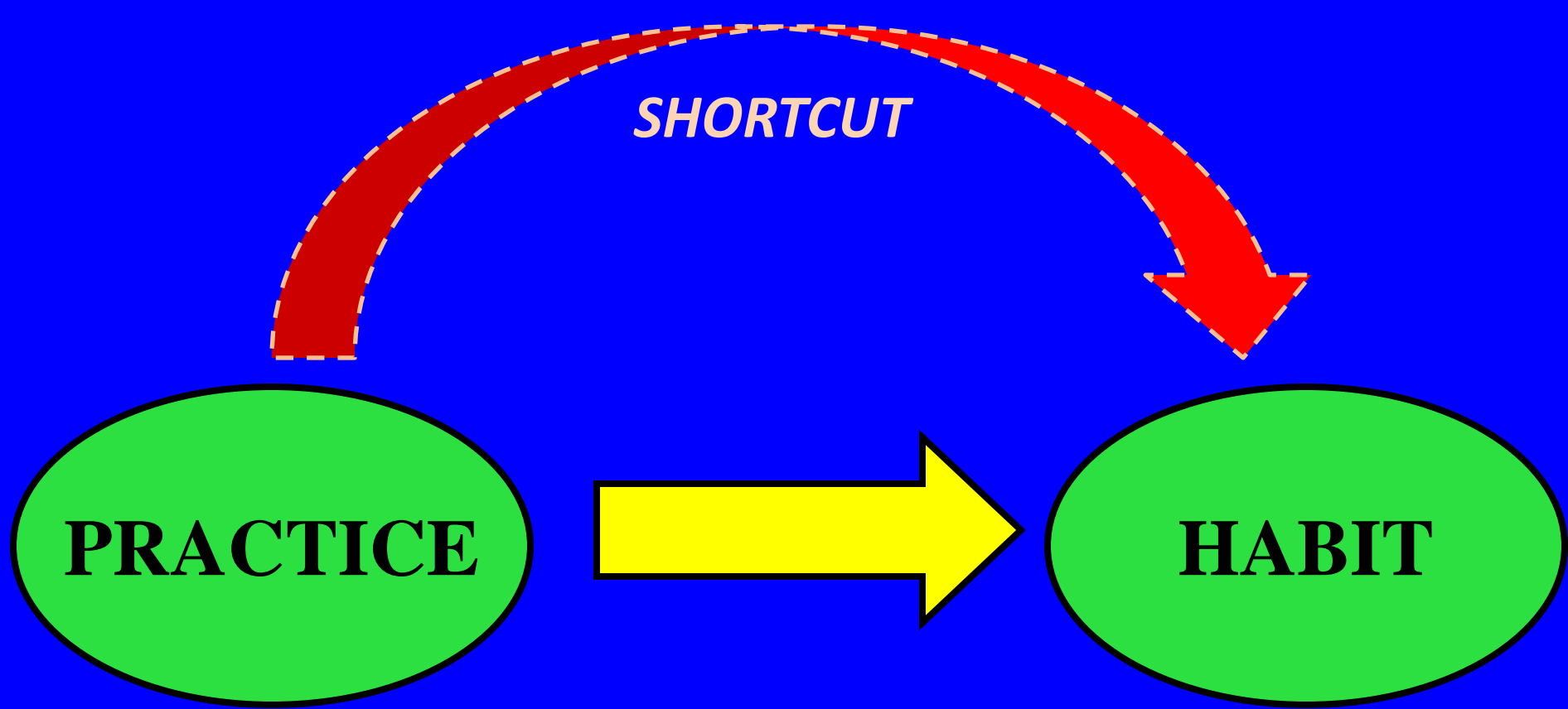


WORK



GYM

- *Too much to do*
- *Too tired*
- *Too stressed*
- *Not in the mood*



- Mindful
- Effort
- Consistency
- Competing priorities

Implementation intention

**“IF IT IS SITUATION X, I WILL
DO Y”**

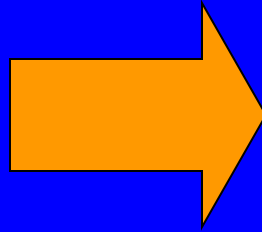
“X” can be:

Situation

Time

Place

***WORK
(X)***



***GYM
(Y)***

***“When I leave work, I will go to
the gym”***

Impact of Implementation Intentions

(Gollwitzer & Sheeran, Advances in EP Social Psych, 2006)

Meta-analysis

N=94 studies

8,461 participants

Implementation intentions have a
medium to large impact on goal
achievement

USEFUL TOOLS

1. You have to have a strong WHY
2. Create an “anchor step”
3. Make your action SPECIFIC
4. Use the “Power of the First Step”
5. Self-monitor yourself
6. Implementation Intentions
7. Obligation intentions

Obligation intention

“IF IT IS SITUATION X, I WILL
DO Y, WITH PERSON Z”

“X” can be:

Situation

Time

Place

USEFUL TOOLS

1. You have to have a strong WHY
2. Create an “anchor step”
3. Make your action SPECIFIC
4. Use the “Power of the First Step”
5. Self-monitor yourself
6. Implementation Intentions
7. Obligation intentions
8. Learn to “stop”

QUESTION

How many of you eat without:

- Listening to music
- Reading the newspaper
- Checking your cell phone
- Talking with someone
- Working on the computer
- Or other distracting activity

My 11:30 AM COKE



My 11:30 AM COKE

Days of
enjoyment



Without
enjoyment

My 11:30 AM COKE

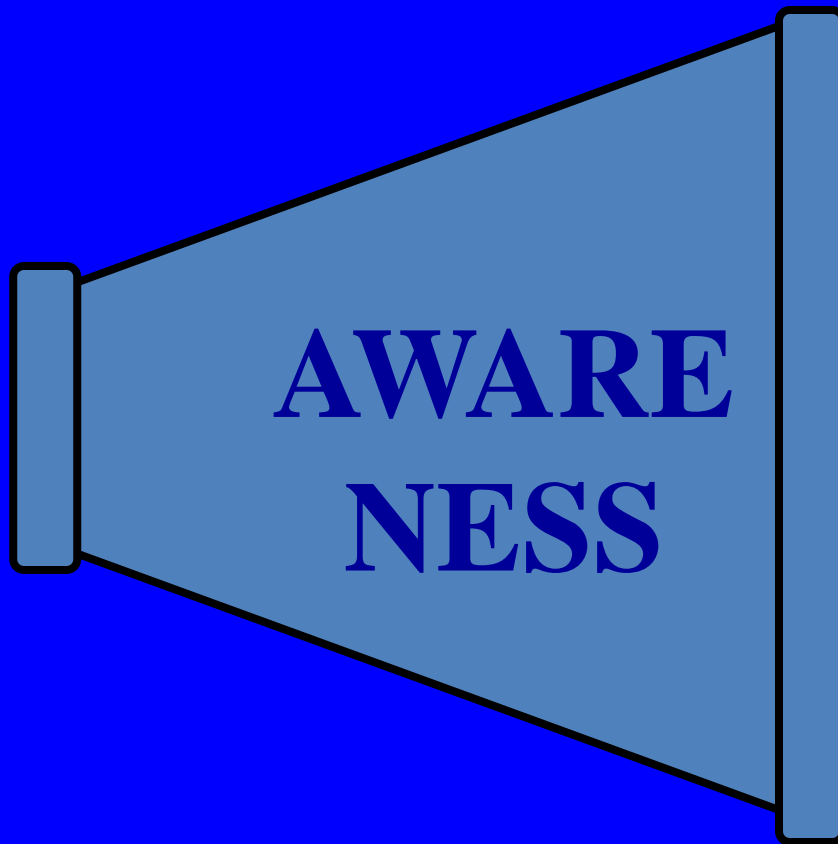
Days of
enjoyment



Without
enjoyment

What made the difference?

Pleasure



*Greater
Pleasure*

THE MULTI-TASKING GENERATION



Reading



On Computer



On Phone



Driving



Watching TV

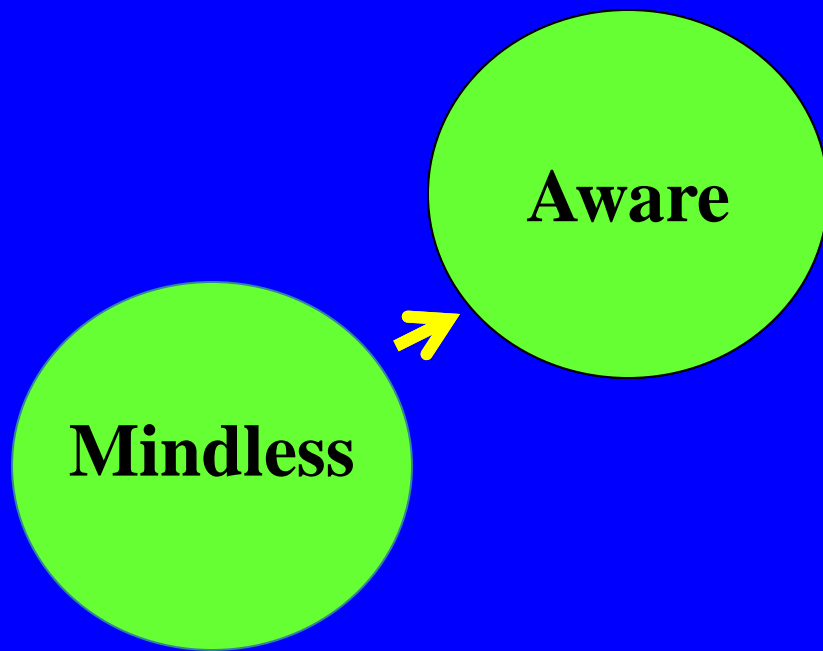


Playing video game

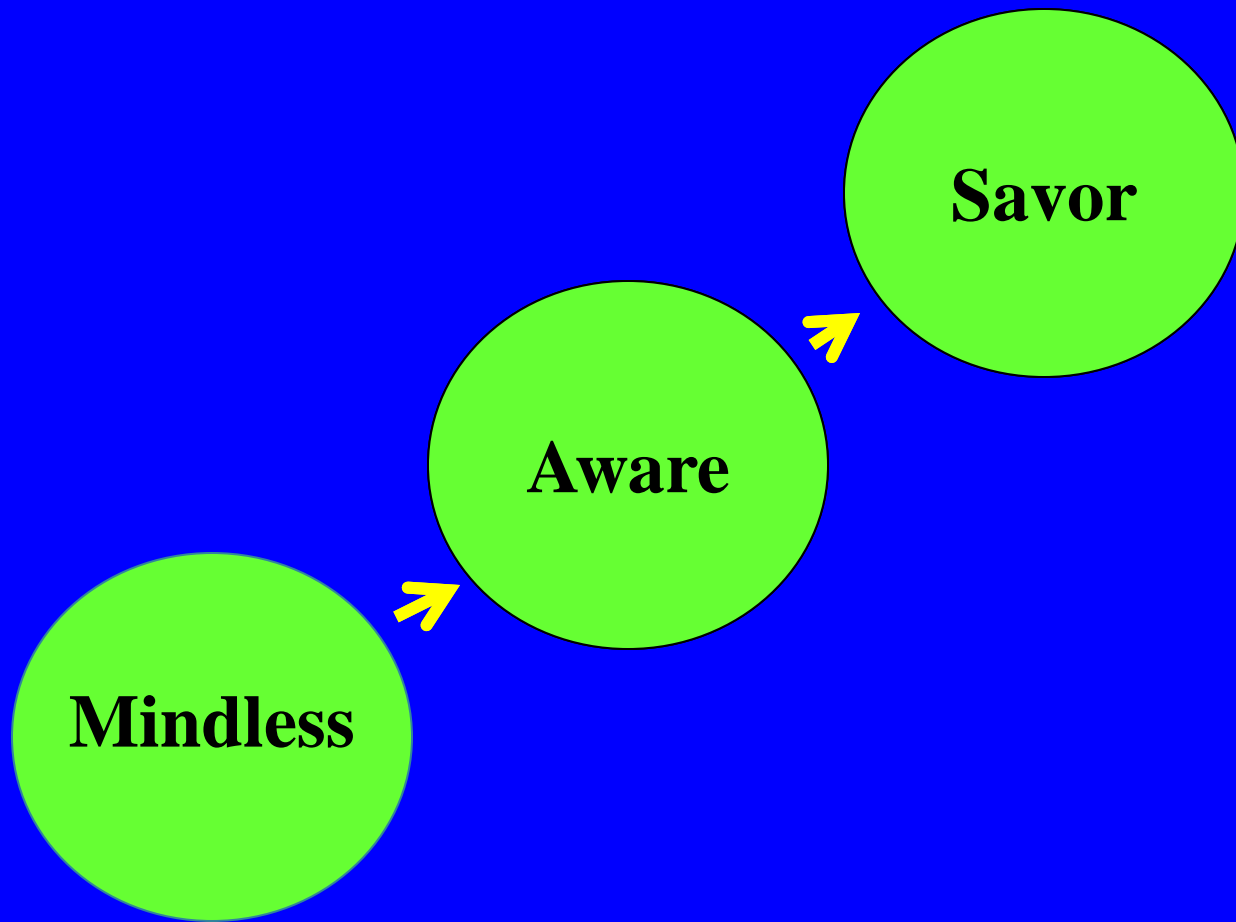




Levels of Awareness



Levels of Awareness



The Wine Connoisseur



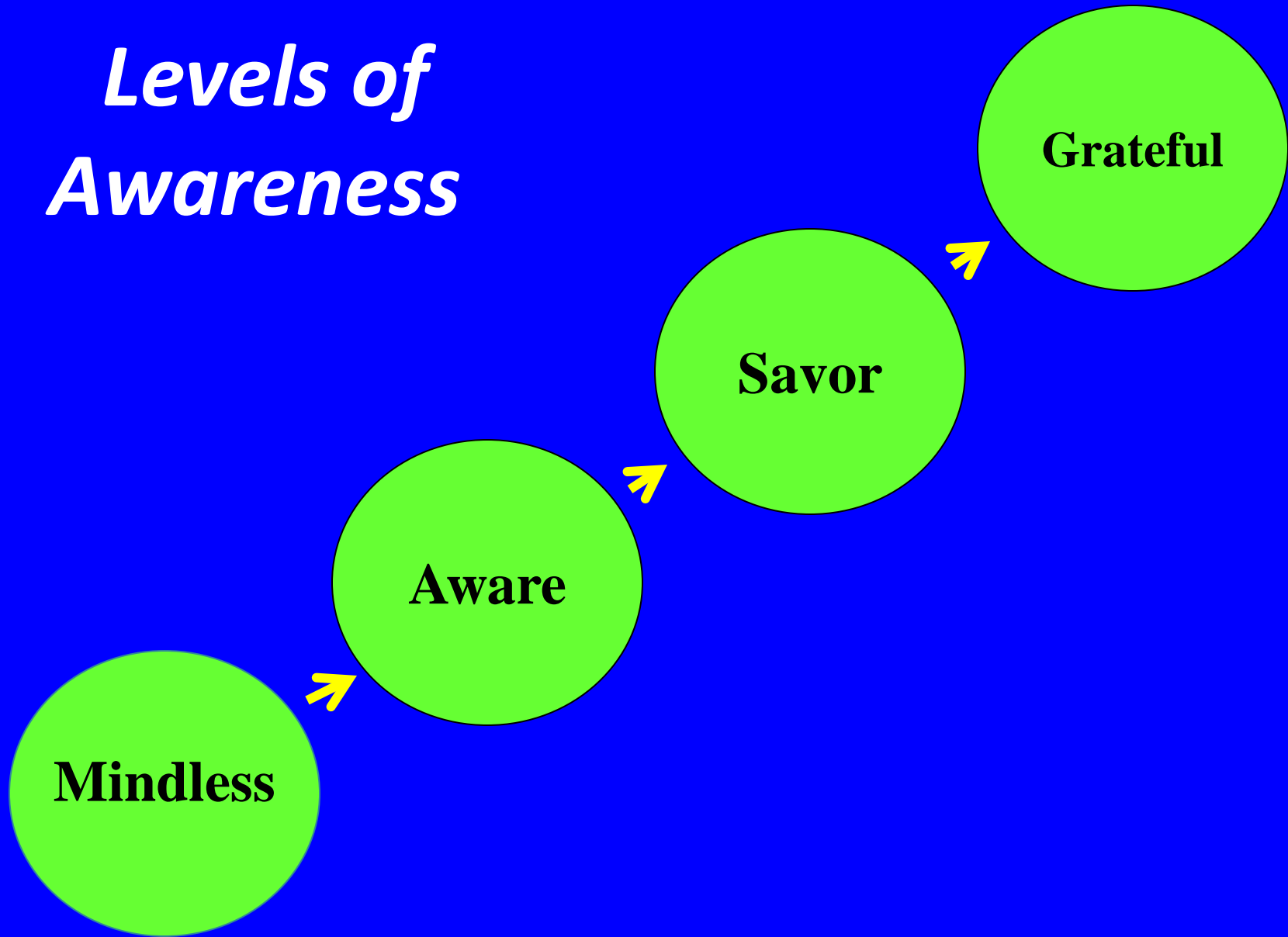
What is the
secret to the
pleasure?

The Wine Connoisseur



- Expert in taste
- Focus on the sensation
- Appreciate the pleasure
- No distraction

Levels of Awareness





*Making
a brocha*

Eating

**Practicing
Discipline**

Mindful

Gratitude

Eating

**Practicing
Discipline**

Mindful

Gratitude

**Stop and take the
time**

ברכות סד [א]

He who “pushes” the hour, EVERY hour will “push” him.

He who falls before the hour, EACH hour falls before him.