

How to Lose That Stubborn Weight

Follow this simple program:

Examine your elbow, the small bones
in your wrist. Kiss what you can.

Gather up all the magazines
and catalogues in your house—those
hungry girls in expensive clothes.

Put them all inside your refrigerator.

Next, your streaming videos and
discreetly altered friends: balance these
in a pile on your bathroom scale.

Leave them there for sixteen weeks.

See how the weight melts away
from the craven core. Listen,
all God's children got this yearn
and half of them wish they could look
just about like you do now. And so
will you, if you ever get to be ninety.

That photo that set you off today?

How you'll wish you'd taken more,
back when your skin still held
the shape of a lusty animal you forgot
to love, wish you'd hung mirrors
on all your walls and halls and
oh hell, the fat blue indifferent sky
in praise of this body you had one time
when everything still worked.

--Barbara Kingsolver, *How to Fly*