

---

## French Women Don't Get Fat

Posted by mazzy - 2006/11/01 10:10

---

By Mireille Guiliano

Summary from the book jacket:

Stylish, convincing, wise, funny -- and just in time: the ultimate non-diet book, which could radically change the way you think and live.

French women don't get fat, but they do enjoy bread and pastry, wine, and regular three-course meals. Unlocking the simple secrets of this "French paradox" -- how they enjoy food while staying slim and healthy -- Mireille Guiliano gives us a charming, empowering take on health and eating for our times.

As a French teenager, Mireille went to America as an exchange student and came back fat. Fortunately, her kindly family physician came to the rescue. Reintroducing her to classic principles of French gastronomy plus time honored tricks of the local women, he helped restore her shape with a fresh understanding of food, drink, and living. The key? Not guilt or deprivation but learning how to get the most from the things you most enjoy. Mireille has ever since relished a life of indulgence without bulge, satisfying yen without yo-yo on three meals a day.

Now, in simple but potent strategies and edozens of recipes you'd swear were fattening, she reveals the ingredients for a lifetime of weight control -- from the emergency weekend remedy of Magical Leek Soup to everyday tricks like fooling yourself into contentment. Emphasizing freshness, variety, balance, and always pleasure, Mireille shows how virtually anyone can learn to eat, drink, and move like a French woman.

A natural raconteur, she illustrates her philosophy in cherished personal stories. She shows us other women discovering the wonders of "French in action," eating smarter and more joyfully.

For anyone who has slipped out of her Zone, missed the flight to South Beach, or accidentally let a carb pass her lips, here is a buoyant, positive way to stay trim, a culture's most precious secrets recast for the twenty-first century. A life of wine, bread -- even chocolate -- without girth or guilt? Pourquoi pas?

I loved this book... I first heard of this author on Oprah... her sense of humor, good advice... moderation really appealed to me.

She was on one of the morning news shows this morning talking about her new book... French Women for all Seasons... I plan to check it out.

---

## Re:French Women Don't Get Fat

Posted by 1putter - 2006/11/01 13:02

---

Yes, I saw the author on Oprah some time ago as well and I really enjoyed/agreed with their philosophy. Smaller portions savored, (eating slowly) and walking as much as possible.

I'd thought about reading the book - thanks for reminding me!

---

## Re:French Women Don't Get Fat

Posted by Ciera - 2006/11/01 17:52

---

Smaller portions and exercise has always been the way to go. It's not rocket science. And stay away from greasy fast food. I dunno...just seems pretty obvious to me.

---

## Re:French Women Don't Get Fat

Posted by Tara - 2006/11/01 21:14

---

---

Well there is a bit more to it. All the chemicals and hormones in the food we all eat contribute to obesity in the US. It's not that us fat people are just stupid or lazy.

Post edited by: Tara, at: 2006/11/01 21:15

=====

## Re:French Women Don't Get Fat

Posted by 1putter - 2006/11/01 21:33

---

Yes, Tara, you bring up a good point - we need to read our labels.

Susan Powter has a really good book on this, ("Stop the Insanity") and as well has a philosophy I share with her: if you cannot pronounce it, (the ingredient in the food) then I don't eat it!

Seriously, our food is poisoned with chemicals and crap - I think this might be contributing to our kids "maturing" so much sooner.

Still, portion control and exercise are very important elements to the weight issues in this country.

=====

## Re:French Women Don't Get Fat

Posted by Tara - 2006/11/01 21:49

---

There are chemicals in foods that aren't even on the labels. Just look at all the growth hormones that are put in so called natural products like meat and dairy. There are also more and more studies being done suggesting that parasites, viruses, etc can contribute to obesity.

Candida is something that is now being looked at as a contributor to obesity. Antibiotics kill the good bacteria in our bodies and cause yeasts like Candida to grow. So it's not just the foods it's medication too.

=====

## Re:French Women Don't Get Fat

Posted by grizzlys4 - 2006/11/01 22:31

---

Yep, that's the scary thing. The FDA doesn't have the highest standards for labeling!! So many things are in our food or used in the animals, crops, etc. that do get into our food!

Yes, our family has done very well with portion control and trying to up our exercise (which, let me just tell you is NOT as easy as it sounds when you are overweight and have health issues!), but my daughter and I are still not losing weight. It's such a self-esteem blow to hear people say that it's so simple and then it's really not because there ARE so many components!!!

=====

## Re:French Women Don't Get Fat

Posted by LaurenB - 2006/11/02 02:05

---

We have a choice to eat hormones or not...we have a choice to choose portion control or not.....we have a choice to exercise or not!

We have a choice to maintain a healthy weight or not.

Yes...in a few instances, people carry weight due to health issues...medications....etc...but...for the most part it is unhealthy eating and lack of exercise. This is a health issue...not a personal feeling or emotion regarding weight.

=====

---

## Re:French Women Don't Get Fat

Posted by Tara - 2006/11/02 13:31

---

A choice? How do we have choices when we go to the grocery store and healthy foods aren't labeled? How was I to know that skim milk, lean chicken, and vegetables would be loaded with chemicals that would make me fat?

I didn't choose to eat these foods at 6 years old. I didn't choose to go through puberty at 6 years old either. When I got strep throat at 11 years old it wasn't my choice to go on antibiotics. It wasn't my choice to drink NutraSweet as a child either which is now believed to contribute to obesity instead of helping it.

It's not just about portion control and exercising. More people are exercising in the US than ever and obesity is higher than ever. It's the fact that we are doing the wrong types of exercise. We aren't walking enough like people do in other countries.

Portions are only a tiny part of the issues. People have come here from other countries and eat the same types of food as they ate in their own countries. Most of them gain weight because all the crap in the food over here screws up people's metabolism.

I have seen the opposite happen too. People move to other countries like the UK in with very little change begin losing weight.

I really wish I was choosing to be obese but the sad fact is that this is not a choice despite what closed minded people would like to believe.

I am not looking for people to accept me for being obese or to say it's ok. I just really wish that people would stop looking down on people like me though.

=====

---

## Re:French Women Don't Get Fat

Posted by Ciera - 2006/11/02 16:42

---

Don't know what time everyone on the east coast get Oprah...but today, Dr. Oz will be on and talking about how to lose a dress size in 10 days. I'll be watching....just thought some of you may be interested as well. So we shall see...how a person can truly lose a dress size in 10 days or if it is just about water loss.

=====

---

## Re:French Women Don't Get Fat

Posted by mazzy - 2006/11/04 13:54

---

grizzlys4 wrote:

Yep, that's the scary thing. The FDA doesn't have the highest standards for labeling!! So many things are in our food or used in the animals, crops, etc. that do get into our food!

Yes, our family has done very well with portion control and trying to up our exercise (which, let me just tell you is NOT as easy as it sounds when you are overweight and have health issues!), but my daughter and I are still not losing weight. It's such a self-esteem blow to hear people say that it's so simple and then it's really not because there ARE so many components!!!

I've gained weight... I've lost weight... I've maintained weight for years at a time... only to gain weight again... and to lose weight again... LOL

I've noticed more than a few diet books at the book stores... I've noticed the subject of diet is often discussed on news programs, talk shows, etc.

Dieting... changing habits... adjusting habits... readjusting habits has always been a part of my life... I am constantly learning about myself and my body... what seemed to work years ago... does not always work today... so I adjust... and I readjust.

Dieting or changing habits are not easy for me... so I applaud everyone who tries, fails, tries again, and again, and again. LOL

---

Re: French Women Don't Get Fat... this book was fun to read... it was informative and inspirational.

Re: Dr. Oz on Oprah was very informative this week.

=====

## Re:French Women Don't Get Fat

Posted by grizzlys4 - 2006/11/04 14:51

---

I think it very telling that we are a nation obsessed with "obesity" and judge harshly under the guise of "health" concerns. I've heard it from so many.....

Do you THINK I don't know I'm obese????? Do you think I don't KNOW my health is at risk???

I don't go around preaching about other lifestyle choices and judging others for choices.....but this nation will not give up the last politically correct prejudice against overweight people.

We pay for our insurance, hold jobs, raise our families, volunteer in the community.....OMG.....aren't we a horrible scourge??????

So.....what's my solution? Simple:

Talk about ALL health issues with equal focus and attention and lose the negativity and closed-mindedness about <<<<GASP>>>> fat people.....like it's a contagious socially unacceptable disease!!!

People are fat, thin, short, tall, happy, sad, purple, green, etc, etc. Why? We are all different, yet all the same. Solidarity in fighting every type of health issue along with every type of stereo-typing would be so refreshing....and also enable us to truly advance in health care options and resources!

=====

## Re:French Women Don't Get Fat

Posted by Ciera - 2006/11/04 16:34

---

I was with you all the way...but you lost me on the green and purple people.

=====

## Re:French Women Don't Get Fat

Posted by LaurenB - 2006/11/04 17:05

---

I see no reason for people to get so angry and defensive when discussing this book and the topic of wieght in the US and what we can do about it. The fact is that what we eat...contributes directly to our over all health. I have not read one personal attack towards anyone in this thread, but some are choosing it to voice their disdain that any would choose to even discuss this topic at all.

I read "French Women Do Not Get Fat", I found it interesting and entertaining.

Another book that I thouroughly enjoyed and got a lot out of is "Japanese Women Do Not Get Old or Fat". The interesting part about this topic is that Japanese women have one of the heathiest life styles in the world. They have the lowest incidence of cancer and heart disease, much of this is attributed to their diets and lifestyles that are far less stressful than those of us in the west.

=====

## Re:French Women Don't Get Fat

Posted by Tara - 2006/11/04 20:20

---

Talk about not having a choice I was just watching a CNN medical report yesterday about there not being Grocery Stores

---

in parts of Chicago. Many people only have convenience stores which only sell canned veggies and processed meats. They were saying the only way for people to get meat is to go to the numerous fast food places. The closest grocery store which sells "fresh" food is 40 miles away.

---

## Re:French Women Don't Get Fat

Posted by Tara - 2006/11/04 20:23

---

LaurenB wrote:

I see no reason for people to get so angry and defensive when discussing this book and the topic of wieght in the US and what we can do about it. The fact is that what we eat...contributes directly to our over all health. I have not read one personal attack towards anyone in this thread, but some are choosing it to voice their disdain that any would choose to even discuss this topic at all.

Yes, I guess you would see it that way...lol

---

## Re:French Women Don't Get Fat

Posted by grizzlys4 - 2006/11/04 22:27

---

Ciera wrote:

I was with you all the way...but you lost me on the green and purple people.

Oh.....just my own way of saying how different we all are.....I always say that to my kids too.....as a way of injecting humor in!!! ;)

I guess I define defensiveness and having an emotional and personal interest in a topic VERY differently!!! I totally expect and understand emotional investment. As for reacting to purely fact-based posts.....no, I don't. But I do jump in when the facts are one-sided or generalizations are made. When someone says that everyone can lose weight by exercising and watching portion control.....then that's where I will jump in.....because that's not accurate by any stretch. While it is a fact, it's not the only true fact. And often, unless someone is personally affected by a specific issue (in this case, being fat) generalizations are made and accepted.

I'm all for discussing interesting topics and information, but I will post how I feel and I will post what I know either from research or personal experience. When I know a fact to be untrue because of personal experience, I bet it does come across as emotional and personal. Good! And I read and understand others who post emotional and personal viewpoints that I may or may not have understood to a certain level.

I don't consider it defensiveness unless all that's posted is a beligerant and curt reply. But if topics that can be very sesitive are started.....don't be surprised at varying levels of emotion in responses.

Like I said before.....this is an interesting topic and I believe we all went better health and better health care options and grocery options, etc. But I don't believe a topic like this needs to be microscopically inspected by those who just want to complain about fat people and justify a bias or some other motive. After all, why do many who are thin and have no issue at all with this want to throw "facts" out and hash this over and over?

Now, please do NOT say that I accused anyone of doing this in this particular thread.....I just said that \*\*\*\*I\*\*\*\* tend to stop talking about topics if that's what I sense is going on. But if we're learning and supporting each other.....then I'm all in!!!!

---

## Re:French Women Don't Get Fat

Posted by LaurenB - 2006/11/05 03:46

Tara wrote:

LaurenB wrote:

I see no reason for people to get so angry and defensive when discussing this book and the topic of wieght in the US and what we can do about it. The fact is that what we eat...contributes directly to our over all health. I have not read one personal attack towards anyone in this thread, but some are choosing it to voice their disdain that any would choose to even discuss this topic at all.

Yes, I guess you would see it that way...lol

Nice, Tara...once again you choose to break your own rules!!!LOL

Well, people can read back and decide for themselves, now can't they.

Too bad, that some people that are concerned with their weight issues that might have gained some help here, will not recieve it! Great coaching!

Funny, on this site, a simple discussion regarding a national health issue is twisted.....by you!!

Sorry that you are obese...sorry that you have nothing to do with it....

Yes, it is all about taking hormones as a child.....

Yes, Tara...WE do choose what we put into our bodies and their is sufficient labeling. You have been able to choose hormone free foods for more than ten years now.

No, I do not look down on fat and obese people, only those that refuse to take action in their own lives and choose to blame others for their condition. If you felt good about yourself.....you would never post things such as this.

Is this how you Coach????EEEE Gads!

---

## Re:French Women Don't Get Fat

Posted by doxygirl - 2006/11/05 06:49

Tara wrote:

LaurenB wrote:

I see no reason for people to get so angry and defensive when discussing this book and the topic of wieght in the US and what we can do about it. The fact is that what we eat...contributes directly to our over all health. I have not read one personal attack towards anyone in this thread, but some are choosing it to voice their disdain that any would choose to even discuss this topic at all.

Yes, I guess you would see it that way...lol

I have not been here for awhile and thought I would check it out again. And this is so disappointing as an example of why I have not been here for so long. On no other site I visit has it been so clear who is and is not accepted by administrators and who is and is not exempt from the rules. And now I suppose I will be one of the un-liked as well. I did not interpret the posts about weight issues to suggest that everybody chooses to be overweight but obviously it's a point of view that choices do play some role. We all have our own genetics, health issues, lifestyles, levels of control - all kinds of factors that make weight an individual issue and blame did not seem like the point. Educating others about weight issues requires some patience as they may not have had the same struggles or obstacles.

I expect that I will now disappear as others did when they let it be known that they were troubled by selective application of the rules of this site or disagreed with what onwers or favored guests think.

---

## Re:French Women Don't Get Fat

Posted by KPW1956 - 2006/11/05 08:12

---

Doxygirl,

I'm sorry you feel that way. But as you mention in another thread... Laurenb has a tendency to word thing VERY strongly.. Be it a comment about Rhonda, Cassie, people in general...

I think several of us have been frustrated by the poster. Lauren is more than welcome to stay here... I have no clue why she was ever here... She always seemed locked in her anger regarding Cassie and Rhonda and no matter what thread came up challenged someone on them.. recently she even made a comment that if anyone thought SO had helped anyone... that they were wrong.. (I paraphrased)..

Lauren herself is very guilty of twisting things...and has had a history of creating some disturbances in the chat room.

I knew exactly where Tara was coming from.. since Lauren only sees things Lauren's way. Coupled with comments here in this thread and another thread about 300 lb. models.. yes, those of us with weight problems.. could take personally, some of her pronouncements with offense. I'm sure she just generalized..

But diplomacy hasn't been her strong suit... and she pretty much annoyed me recently by calling the women here uncaring because we didn't want to get in political debates.. It was a challenge that I rose up to...and she without hesitation browbeat me as much as possible.. Her M.O.... I shouldn't have been surprised.

I think many of us have gotten tired of it.

She's welcome to stay, I just won't be pulled into her bashing parties. I apologize if I don't mesh up with her own agenda. I tried to suggest that if she wanted to talk politics, that there were probably dozens of forums for just that purpose..

Frankly, she was frequently so negative, that I wondered why she was here. Since it was obvious, she didn't like the show.. and seemed to have a vendetta, re:Cassie and Rhonda..

=====

## Re:French Women Don't Get Fat

Posted by Nadia - 2006/11/05 10:05

---

I would like to say something here.

KPW, this is not a personal attack on you and it's not only about you I've seen it else where in another thread by other members past and present. Don't get me wrong I think you're a very nice lady.

From what I see posted here about a member/past member is wrong. What is the difference now on what Lauren said and done is any different from what I see here doesn't make it right.

Everyone's point of views should be welcomed, any bashing by a member about a member should not be called for.

If anything needed to be said to a member then it should have been written to her in private.

If Tara has any issues with regards to a member here... it's her problem and not anyone elses. you / me may have the same thoughts but it's not right to post it all over here or is there a choosen few allowed to say whatever they want and it's alright cuz if that's the case then I'll be on my way. ( it's not a threat, I don't think it's right!) I've seen this kinda thing happen many times here and it's getting OLD.

My opinion if someone has something to say choose your words and your words only there should be no bringing other parties into your post.

What seems to be the problem here? Why can't we say how what we feel about a topic, thing, celeb, etc... seems to me that we would rather disrespect one of our very own members and that's ok.. seems to me there's a problem here.

I HATE THE COLOR YELLOW. SO WHAT! YOU SHOULD BE ABLE TO DISAGREE OR AGREE.

We are all mature ladies here ( I would like to think so) we should act like it.

P.S. The topic was French Women Don't Get Fat is it so hard for us girls to stay on topic ??

---

Post edited by: Nadia, at: 2006/11/05 12:40

=====

## Re:French Women Don't Get Fat

Posted by TigerRose - 2006/11/05 11:32

---

This is just a not on my thoughts on the whole subject.

I have sat back and watched how people react to other people's weight. I've been ultra thin and the only skinny one in a family of obese people. Because of what I've been through... I don't assume that unhealthy diets or laziness got them their weight problem. It's like assuming a person that looks "Fit" actually was born that way and not work their tail off.

When I was very skinny I was accused of having an eating disorder, and when that was disproven... people would suggest I get checked for worms. STRESS is what caused me to be unable to gain weight (just as much as it can cause others to be overweight). I'd often say I'm too skinny to be anorexic... while people insisted that is why I need to go to a clinic (talk about not listening).. I heard the whispers of people "KNOWING" I was going to throw up while I ate a healthy meal. They just knew I was responsible for not gaining weight. I've been preached to, called toothpick, bean pole, walking stick to my face, I had doctors put on a 4 "balanced" meals a day with Ensure drinks between (just to lose 2 lbs)... It took becoming happier with myself and finding a good support system that I started to gain weight.

With my family's obesities... My mother had medical problems-strokes, early arthritis to the point her hips and spine fused, a couple of relatives were on medications that causes severe weight gain, and yes there were some that rather stuff their faces than move a finger with exercise. One had double knee surgery and ended up in bed for several months leading up the surgery and recovering... naturally she gained weight.

There are a lot of instant judgments on both the "too thin" and "too fat". We hear them, we see the look on other's faces. I'm not surprised at the defensiveness on this subject. I don't think it's fair when people automatically feel it's their duty to point out to those with weight problem- that they should eat more healthy- as if they themselves are expert to why each individual's weight problem and just know the person is over eating unhealthy food or not eating enough.

So please when you see someone that is obviously too thin or too fat... remember this is a human with feelings... Don't assume it's because they have a choice or that they are unhealthy. I know a 250 lb gal that can out run, out last her teammates on a baseball team. She eats healthy... she is healthy. Genetics just didn't hand her the "Ideal" shape card.

=====

## Re:French Women Don't Get Fat

Posted by Tara - 2006/11/05 15:17

---

The weight issue is not as black in white as some people would like to believe it is. There are soooo many factors as to why people are obese/over weight.

I never said I have nothing to do with my weight issue. Nor have I said I am not choosing to anything about my weight.

As for me preventing people from getting help now that is just crazy. I think people reading these posts are quite intelligent and can make choices themselves.

=====

## Re:French Women Don't Get Fat

Posted by KPW1956 - 2006/11/05 15:44

---

Nadia wrote:

I would like to say something here.

KPW, this is not a personal attack on you and it's not only about you I've seen it else where in another thread by other members past and present. Don't get me wrong I think you're a very nice lady.

From what I see posted here about a member/past member is wrong. What is the difference now on what Lauren said and done is any different from what I see here doesn't make it right.

---

Everyone's point of views should be welcomed, any bashing by a member about a member should not be called for.

If anything needed to be said to a member then it should have been written to her in private.

If Tara has any issues with regards to a member here... it's her problem and not anyone elses. you / me may have the same thoughts but it's not right to post it all over here or is there a choosen few allowed to say whatever they want and it's alright cuz if that's the case then I'll be on my way. ( it's not a threat, I don't think it's right!) I've seen this kinda thing happen many times here and it's getting OLD.

My opinion if someone has something to say choose your words and your words only there should be no bringing other parties into your post.

What seems to be the problem here? Why can't we say how what we feel about a topic, thing, celeb, etc... seems to me that we would rather disrespect one of our very own members and that's ok.. seems to me there's a problem here.

I HATE THE COLOR YELLOW. SO WHAT! YOU SHOULD BE ABLE TO DISAGREE OR AGREE.

We are all mature ladies here ( I would like to think so) we should act like it.

P.S. The topic was French Women Don't Get Fat is it so hard for us girls to stay on topic ??<br><br>Post edited by: Nadia, at: 2006/11/05 12:40

Nadia,

You make some good points. It would be great if everyone worked at getting along.. and accepting our differences rather than having to defend them.

I am sure it is a natural reaction by everyone at times, Lauren and myself included. It would be my hope that we all can make an effort to get along and if not, just avoid the conflicts as much is as humanly possible. I know sometimes that threshold gets pressed though..

For myself.. I have reacted from a point of frustration. My apologies to the community for reacting to it.. and any offense that may have been felt because of my post.

My apologies as well to Lauren. I wish her well, whether or not she decides to stay.

Now to get back on topic... I haven't read the book... but I do like it's premise.

=====

## Re:French Women Don't Get Fat

Posted by mazzy - 2006/11/05 15:50

---

KPW1956 wrote:

Nadia wrote:

I would like to say something here.

KPW, this is not a personal attack on you and it's not only about you I've seen it else where in another thread by other members past and present. Don't get me wrong I think you're a very nice lady.

From what I see posted here about a member/past member is wrong. What is the difference now on what Lauren said and done is any different from what I see here doesn't make it right.

Everyone's point of views should be welcomed, any bashing by a member about a member should not be called for.

If anything needed to be said to a member then it should have been written to her in private.

If Tara has any issues with regards to a member here... it's her problem and not anyone elses. you / me may have the same thoughts but it's not right to post it all over here or is there a choosen few allowed to say whatever they want and it's alright cuz if that's the case then I'll be on my way. ( it's not a threat, I don't think it's right!) I've seen this kinda thing happen many times here and it's getting OLD.

---

My opinion if someone has something to say choose your words and your words only there should be no bringing other parties into your post.

What seems to be the problem here? Why can't we say how what we feel about a topic, thing, celeb, etc... seems to me that we would rather disrespect one of our very own members and that's ok.. seems to me there's a problem here.

I HATE THE COLOR YELLOW. SO WHAT! YOU SHOULD BE ABLE TO DISAGREE OR AGREE.

We are all mature ladies here ( I would like to think so) we should act like it.

P.S. The topic was French Women Don't Get Fat is it so hard for us girls to stay on topic ??<br><br>Post edited by: Nadia, at: 2006/11/05 12:40

Nadia,

You make some good points. It would be great if everyone worked at getting along.. and accepting our differences rather than having to defend them.

I am sure it is a natural reaction by everyone at times, Lauren and myself included. It would be my hope that we all can make an effort to get along and if not, just avoid the conflicts as much as is humanly possible. I know sometimes that threshold gets pressed though..

For myself.. I have reacted from a point of frustration. My apologies to the community for reacting to it.. and any offense that may have been felt because of my post.

My apologies as well to Lauren. I wish her well, whether or not she decides to stay.

Now to get back on topic... I haven't read the book... but I do like it's premise.

KPW... I heard your frustration. You are a lady for apologizing.

On topic... great book.

=====

## Re:French Women Don't Get Fat

Posted by Ciera - 2006/11/05 15:52

---

Wow. All I want to say is that as human beings...we all have various issues. Personal issues, family issues, weight issues and differences of opinions. As women we can have differences of opinions with respect for one another and hopefully, in support for one another.

One of the reasons I do like the board is because there is alot of tolerance. No one is required to post on a weekly basis and if not, get banned. If we don't have crazy stuff going on in our lives, we don't have to make stuff up just to post and participate.

If someone wants to talk about politics, then start a thread and talk about it...I'm sure some people would want to join in. I know this site originated from the Starting Over show. Some people loved the show, some ended up disappointed in the show, some benefited from the show...whatever. The show has been cancelled and as the days go by there will be less and less talk about it.

People can chose to participate in whatever thread they want to and if the subject of a thread is of no interest to them, don't post on it. And to Tara, if I haven't been tactful...I will try to do better. It is not my intention to offend anybody. We can disagree, with respect for our different opinions. No need for anger and fighting.

=====