

# The Month 5 How to Think Sideways Movie

written by Holly

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I'm particularly happy with the way this one turned out. And it's shorter than some of the other ones. So I've included the whole thing here. ☐

## HowToThinkSideways.com

P.S. DO NOT send me e-mails about how great the Atkins diet is. I did Atkins when I was about 24—after I'd had my first kid—for about seven months. I lost a lot of weight. I looked great. I also developed persistent tachycardia, PVCs (premature ventricular contractions—a heart irregularity NOT normal or benign in a healthy 24-year-old physically active RN), and intermittent dizziness and fainting. When I speak of Atkins dieters, I speak from experience, and the joke was on me.

The health problems, by the way, cleared up when I stopped doing that to myself.

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