



How to Stick to Your Diet: Motivate yourself and finally achieve your weight loss goals

Charline Gray

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You struggle to keep the motivation for your planned diet?

At first it seems that no one can stop you. But after some time it gets tougher and tougher to keep going. Discover why this happens and how to stop cheating on your diet!

Trying to stick to a diet plan involves loads of serious effort. It surely seems like a lot of work! You have decided to take charge of your weight and life. And the days spent slouching on the couch with that packet of fries are suddenly replaced by spending time shopping for ingredients needed to cook your healthy treats, planning and cooking these prescribed healthy meals, exercising and counting calories. Isn't it a tremendous effort?

You need to tackle lots and this **precisely explains why most people have a hard time sticking with a diet.**

There is loads of information available over the internet, you spend time reviewing those fitness blogs and websites, those diet plans and exercise regimes and still you end up leaving your own diet plan midway! The best of efforts and the best of intentions leave you with a feeling of 'If only I had a little more discipline' or 'why did I lose my motivation mid-way', or may be 'I was not confident enough to follow it'. And then you try to rectify symptoms. You focus on your symptoms such as lack of time, lack of information, being really tired to cook, etc.

What you don't focus on is the root cause. Sticking to your diet is not a question of making changes in the food that you consume; it is just a question of changing the manner in which you consume that food, the manner in which you think about that food and the manner in which you bring mindfulness in your entire lifestyle!

What if you were provided a short book that serves as your friend and guide, helping you progress towards your goals and stick to your diet plan?

This book lays special focus on:

- Motivating you for every day success
- Enabling you to harness the power of your mind
- Providing you some proven diet strategies that help you do away with excuses related to time and energy
- Helping you differentiate between 'habit eating' and 'hunger eating'
- Tips to say goodbye to your cravings
- Getting back on track if you falter some times
- Mechanisms to handles special occasions and negative people
- Empowering you to stick to your plan, especially when you don't feel like!

This book is divided into three parts:

Part one focusses on the various reasons why diets fail. Did you know that women who diet start at least

three different diets in a year? And by day five, their plans are jeopardized by their five favorite deal breakers: wine, pizza, cake, potato chips and chocolate!

Part two helps you identify your personality type and choose a diet plan accordingly.

Part three provides you with practical tips and techniques that can enable you to stick to your chosen diet plan. It teaches you how to use the power of your mind and how to tame your cravings. It also tells you what possible solutions you can adopt when you encounter specific challenges during your weight loss journey. The very fact that you have downloaded this book implies that you want to adopt a particular diet plan, it implies that you want to make health and fitness your primary goal, it also implies that you need support – support of a friend who can listen to you, who can motivate you and support you in your journey.

That is what this book is – your trusted friend who you can turn to whenever you need support, whenever you feel guilty about not adhering to your plan! Just flip to the strategies chapter, read it mindfully and allow the magic to happen!

Your brain is the most powerful tool! You just need to give it permission to incorporate the strategies most relevant to you. Let your journey begin, today!

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Kim Nielsen:

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