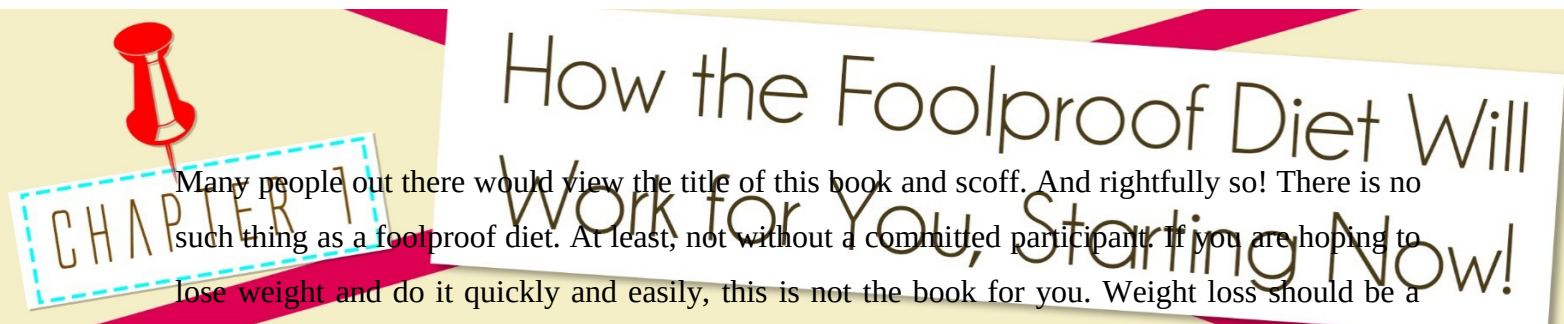


Weight loss and getting healthy are at the top of many people's list of priorities. However, it can sometimes feel impossible to actually begin to take the steps that need to be taken in order to succeed. All of us struggle at times, especially with things like losing weight and maintaining schedules that are healthy and productive. However, when we are treating our bodies with care and consideration, it is far more likely that our minds will follow suit. Eating well supports every part of us, and you will find yourself shocked by just how clearly you are able to think and how sharp your focus is when you are embarking upon a healthy lifestyle journey.

There is no foolproof diet without a lot of accountability toward the self, so in beginning this journey you should always keep in mind that your greatest resource in changing your life is going to be you. You will examine yourself and find that you truly do have what it takes to succeed and hand craft the perfect foolproof diet for yourself. Nobody else can do it for you!

Following these guidelines will provide you with the tools you need in order to get yourself out of the slump you may be in and begin to truly value the choices that you make. Every choice matters, and every single thing you put into your body will have an impact. Why not make it a positive one? Let's get started!



Many people out there would view the title of this book and scoff. And rightfully so! There is no such thing as a foolproof diet. At least, not without a committed participant. If you are hoping to lose weight and do it quickly and easily, this is not the book for you. Weight loss should be a slow, positive, and gradual journey, that is done in a healthy way that will last and continue to help you to improve your life by the day. What it should not be is the result of an unhealthy trend diet or a fad that leaves you even more unhealthy than you were when you began.

This is not going to be a diet book like all the other diet books. In fact, the foolproof diet is fairly unconventional in its nature. It is different because it puts the accountability on the user of the book rather than in giving false promises. There is not going to be a guarantee that this will work for you, because every person is different with different hurdles in the way. If a thousand other diet books and weight loss trends didn't work for you, then why should this book be any different?

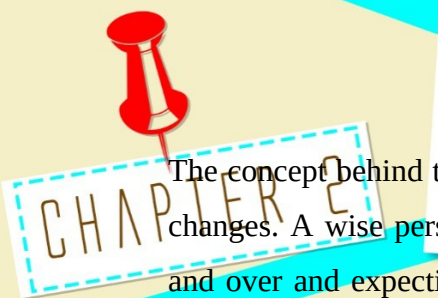
No, instead, it is time to begin thinking about how you are conducting your life and the changes you can make both mentally and physically in order to guarantee success. This book will never work unless you are willing to put 100% effort and honesty into the process of making the changes that need to be made. Improving your life isn't something that should be done lightly. In fact, it can be nearly impossible if you aren't capable of doing everything that needs to be done in order to take at least one step in the right direction every day.

If you find that you are constantly sabotaging your own efforts, then this book definitely will not work for you. Not unless you heed the book's advice and look inward. Examine yourself and discover what it is that is holding you back. Don't blame a book if it doesn't give you the results you asked for. Instead, look at what you can change and begin to take the steps to change them, even if it is difficult.

Weight loss is a powerful and difficult journey. Many of us are filled with a difficult sense of self loathing that can prevent us from making choices that will improve our lives. If we aren't able to become wiser through our choices, then we will never grow. But to be wise we have to reflect and use a lot of introspection to get there.

Sure, the Foolproof Diet book will provide you with many tools and a lot of information so that you can become the person you want to be, but it is not going to make a false promise. The only way that this book will be foolproof is if you begin to rely on yourself. You have to take responsibility for your healing, mentally and emotionally, and only then will you be prepared to make the big changes that need made to change your life for the better.

But you can do it. Anybody can do it. All it takes is a willingness to try. And if you are reading this right now, then you have already won half the battle. You can do this!



How Does the Foolproof Diet Book Work?

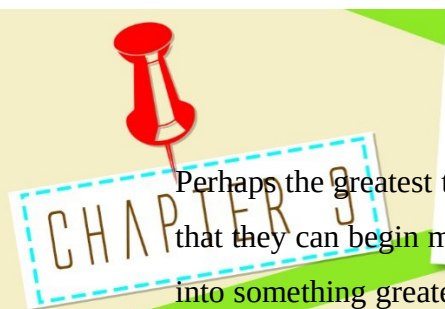
The concept behind the Foolproof Diet book is simple. In order to get results, you have to make changes. A wise person once said that the definition of craziness is doing the same thing over and over and expecting different results. That may be how you feel when reading another diet book. What will set this apart? Why should you even bother when the other ones didn't give you what you needed to succeed?

Well, perhaps they did. Perhaps they were full of valuable advice and a solid meal plan that would get you through. But the thing most diet books don't address is the fact that you and you alone are responsible for the way you live your life. All of us are subject to things that we have little to no control over, but our diets are something we have a big say over from day one. If we don't like something as children we are willful and stubborn about it and often times get away with not eating them.

It is time to get willful and stubborn about eating foods that are terrible for your health and emotional wellbeing. The Foolproof Diet book does give some food suggestions, but it is by no means a recipe book. In fact, it may lack a lot of the things that many diet books seem to boast. We are not going to be telling you to eliminate such and such a food and replace it with this. What we are going to do is give you a good and solid foundation; a guideline with which to begin living your life.

If you are able to mold yourself to this guideline and begin making the choices you need to make when you are shopping for food and cooking, then you will know that the diet has succeeded. It is foolproof simply because you are going to be the one who is making these choices now and for the rest of your life, and you have to be both informed and disciplined for them to take effect.

The foolproof diet really is foolproof. It is a way to begin looking at the world around you without feeling fear of failure and embarrassment. You are going to be able to maintain a diet similar to what you are eating now. the only difference will be the fact that you are thinking more about how you eat and why it is a bad idea to indulge yourself in things that may ultimately end up killing you. And that is what really matters most of all. Your health matters. Your choices matter. And you have to take that realization in your hands and run with it before it is too late.



Changing Your Life, Starting Now!

Perhaps the greatest thing about the Foolproof Diet is the fact that it eases readers in to the ways that they can begin making changes at a slow, small rate that will ultimately begin to accumulate into something greater. All empires are built over time, and the empire of good health is one that definitely needs an investment of time.

The Foolproof Diet will not make you any false promises. This is something that is going to take many months to accomplish; and a lifetime to maintain. If you want to be healthy – *truly* healthy – you are going to need to be wise with your decisions from now until the day you draw your last breath. Because health is an investment of time that is never going to be a waste of effort.

Changing your life is a process, and if you are used to being stuck in a rut and making choices that do not nourish you, then you are going to find that everything you do is more difficult than it has to be. You are sabotaging yourself with every bad choice that you make. Every time you eat junk food and sugar or eat out rather than cooking healthy food at home is a time you are choosing a negative consequence over a positive one. You do not have to do that to yourself anymore. You have to stop punishing yourself and begin to see why it is so important to begin to change your life for the better rather than staying stuck in a negative cycle.

You can begin to change your life right this moment. Take a second to close your eyes and think about the last time you did something you knew was bad for you. How did it make you feel?

Now, carry that thought with you the next time you feel the impulse to do something you know to be harmful. It doesn't feel right anymore, does it? Try to carry this attitude forward with you, starting now. Remember that all choices have a consequence, and if you are not going to make healthy choices, then bad health is inevitable. Nobody wants that, so remember to think about why it is worth it to you to make good choices and give yourself the willpower and determination to make them! You can do it!



CONCLUSION

Some people struggle more with maintaining their health than others, but those who do struggle often have this struggle for life. The Foolproof Diet is a way to try to address the underlying issues that are preventing you from being able to stick to any one diet plan and help you to sculpt out the routine for you that will really help you to keep yourself on track.

Nobody can make you do something you don't want to do; least of all yourself. If you have a side of yourself that loves to indulge in things that hurt you, it is going to be hard for you to resist. However, if you are able to begin to be honest and open with yourself about these shortcomings, then you are that much closer to addressing them in a way that will truly change your life for the better.

It is time to stop making excuses. Your health is far too valuable to be wasting that kind of time and energy on making poor choices. Instead, value yourself, no matter how scary and strange that may seem. See a qualified professional for support if you have to; do whatever it takes to surround yourself with the self-love and discipline it takes to develop the lifestyle of your choosing.

Nobody is going to change your mindset except you. You are the only one with that power. And you have far more power than you realize. With the Foolproof Diet book, you will begin to open your mind to the possibility that change can fall in your own hands and can be an easy and gradual process that will stick for life. Foolproof!