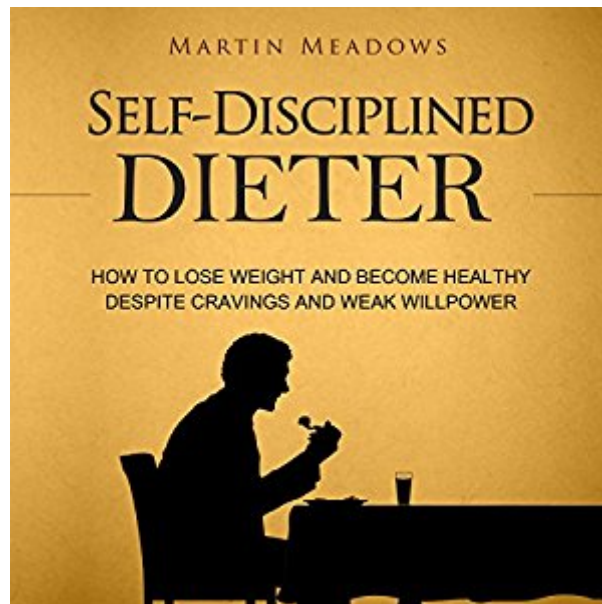


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# Self-Disciplined Dieter: How To Lose Weight And Become Healthy Despite Cravings And Weak Willpower



## Synopsis

How often have you tried to lose weight or start eating healthier simply to get frustrated and revert back to your old bad habits? Is this your first time to try, and friends and family are telling you how difficult it is? What if I told you there are things that can make it easier than you think? Learn how to get permanent results while eating what's good for you and feeling more satisfied without totally giving up the foods you love. In this book you'll learn: How to overcome (or completely remove!) the most common obstacles that can make or break your diet (like being hungry while you're on a diet) What daily habits contribute to setbacks and how to replace them with better alternatives to design a healthy lifestyle (just one bad habit can add more than 500 calories a day to your diet) How to deal with cravings and temptations (including a morbid but extremely effective mind trick) How to like healthy foods as much as, if not more than, unhealthy foods (it's all about making small changes) How to increase satiety to stick to your diet (the right foods can be up to seven times more satiating) And how eating healthy can be actually cheaper than eating off a fast food dollar menu (it can be a money-saving technique, too) In this book you won't find the gimmicky "well, duh" tricks so many dieting fads say are the secret to weight-loss. In fact they aren't tricks at all. The tips in this book are scientifically proven (and supported) strategies and tools to lessen the burden on willpower and help you finally reach your weight loss goals. You want to change your life for the better. Together we can help you shed those extra pounds - and keep them off - while shifting your view away from short-term frustrations to long-term results and lifelong health.

## Book Information

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## Customer Reviews

Martin has provided a great book on the discipline of dieting that is focused, not on the short term of losing a few pounds, but extends to long-term and how we can keep the weight off even years later by following a simple program. While chapter 1 talks about research findings and the power of willpower vs. discipline, Chapter 2 really takes off with how to deal with cravings. As the author teaches us, removing the temptation is the easiest and most effective way to deal with cravings such as chocolate, or sugary foods. As Martin states: "Start your commitment by emptying your fridge and pantry of unhealthy foods. Otherwise an unscheduled cheat day is bound to happen sooner than you think. This is not an optional piece of advice – it's mandatory if you're serious about your results." Solid suggestions here on dealing with temptations such as training yourself to resist the urge by waiting, for just 15 minutes. The longer you can put it off, the easier it will be to overcome the temptation. You can also use your imagination to get over your cravings, use progress and even schedule your cravings. Chapter 3 gets into the ways we can say goodbye to unhealthy food. I like the way the author presents the alternatives to breaking the habit of eating unhealthy stuff. Especially the part about kicking chocolate cravings by eating dark chocolate. Martin also teaches readers and dieters how to enjoy healthy food. When we think of eating an apple over a piece of cake, the apple loses out most of the time. But by weaning off the addictive unhealthy stuff [pizza, chips] you can make room for the healthier options. Chapter 4 is gold! It discusses how to target the foods that are more satiating [eating high protein] and eating as much as you can.

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