

## Who think that diet is tough?

Contributed by Webmaster

By or

Every one of us attempt to do a diet program or 2, but rarely do we accomplished to make it to the end and see the success you want.

Probably some of you tried the Atkins diet, and most tried liquid diets, maybe zone diet, or shake diet.

I'm sure that you tried one of the diet plans that are achievable out there.

I did not write all of the diet programs there are because we will stay here a long time, because there are so many.

But the question is Òif there are so many diet programs how can it be that I can't do even 1 until the end of it? Why?

The answer is really simple, maybe that you will be a little bit disappointed.

It's because we don't really want to do the transformation, you're not 100% sure that you want it, plain as that.

You probably saying that it is not true, or that it is but not to us.

I have a news flash Ò this is it, simple as that.

And I will tell  
you why you do not really want the transformation.

Most of your diets plans is based on by the way of decisions, it's mean that you looking in the looking glass and telling you self "I'm fat; I need to do a diet".

And this is how you relate to that.

What you have to do, is take it serious, you need to operate the situation, and ask our self why?

Why do we want to go on a diet?

In this question what you did is you ask yourself a question that in order to answer yourself on it you have to link pain to it.

What do I mean?

You do a list of the all of the things that disturb you, here is a sample : "people laughing at me", "I can't run", "I can't breathe after I climb the stairs" and so on and so on Ò.

After you do a list of all the painful things that bother you, you will have a cause to do diet, and every time you will want to leave, you look on the list and feel the pain, and that is want will drive you!

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