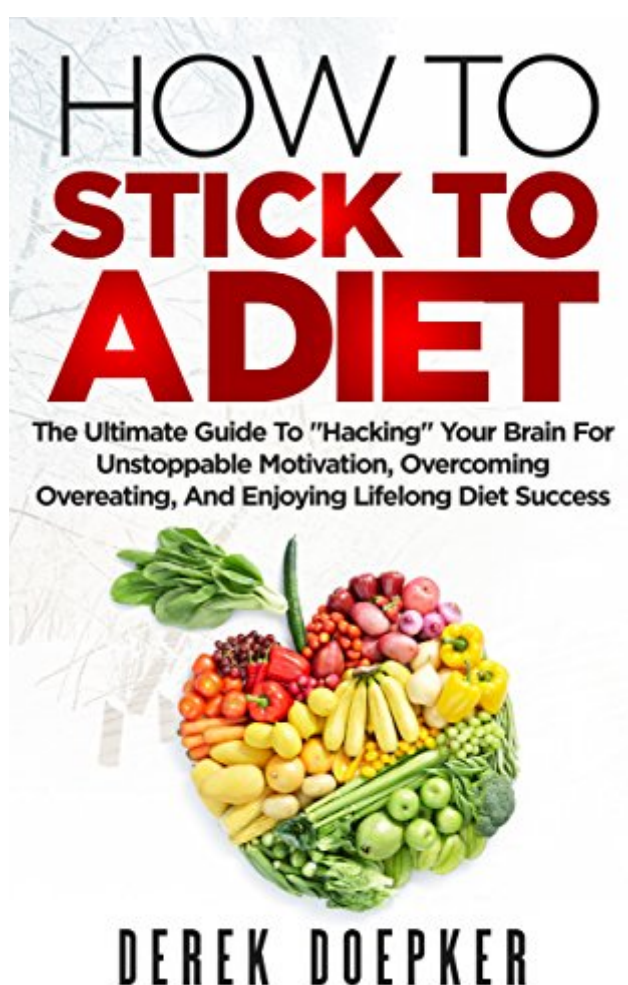


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# How To Stick To A Diet: The Ultimate Guide To "Hacking" Your Brain For Unstoppable Motivation, Overcoming Overeating, And Enjoying Lifelong Diet Success



## Synopsis

Has modern psychology uncovered powerful but simple mind "hacks" that allow you to literally rewire your brain for unstoppable motivation? In "How To Stick To A Diet", you'll discover what the most recent psychological research has uncovered can be done to unlock the motivation you need to reach your health, fitness and weight loss goals - regardless of willpower. You're about to discover...

- Why losing weight through dieting can backfire causing a person to end up more overweight down the road, and what is essential if you want to keep fat off FOREVER.
- The truth about why "diets don't work" is both true AND false! (The truth may surprise you!)
- How 4 core emotional wants (that dictate your behavior) can make it impossible to stick to a diet and overcome emotional eating unless you start to use them the right way.
- How changing one word you say can flip a switch in your brain to generate willpower on demand.
- 3 mind hacks • that instantly changing your feelings towards any foods! With these tricks in your tool belt, you'll know exactly how to stop food cravings and that used to tempt you before.
- Why it's almost impossible for you to fail when you take the one simple approach most people don't even try!
- Why diet tips for enhancing weight loss motivation without first explaining this \*one\* thing are almost useless.
- How you can still eat all of your favorite treats without them screwing up your diet, weight loss efforts, or health and still stay slim.
- Hands down the best, quickest, and safest way to lose weight while preventing metabolic shutdown ever invented!
- How to instantly shut down the body's stress response so you'll never have to worry about being too stressed out which can kill dieting motivation.
- The real reason you crave sugar and snacks, and how a couple inexpensive items from your local grocery store will stop sweet and salty junk food cravings dead in their tracks. (Never give into binge eating again when you know this!)
- Why following typical advice on goal setting • may actually make it nearly impossible to sustain your results, and what recent research has shown you must do when setting goals for long-term success.
- What research has shown can actually alter your genetics, and what you must do to make sure your genes aren't keeping you unhealthy and out of shape.
- Why people feel so stressed out about dieting, and how you can free yourself of feeling overwhelmed when approaching diet.
- A little known tip to get organic quality food at wholesale prices so you can eat the healthiest foods without breaking your budget.
- How you can make days worth of healthy food in only 5 minutes of prep time. When you know this strategy, • not having time • will never stop your diet success.
- Where to find the best deals on supplements, protein shakes, and health foods online so you can avoid wasting hundreds to thousands of dollars.
- And much more!

Dieting can mean giving up your favorite foods, spending hours in the kitchen preparing meals, not enjoying meals with friends, struggling to

stop food cravings, and paying a fortune on costly health foods. Factor in the stress of trying to change your dietary habits, and it's no wonder having to muster up the motivation to stay on a diet can feel downright impossible. But you don't have to struggle after you discover these little known tricks to tap into your psychology that allow you to have unstoppable motivation. Not only will you stick to a healthy diet for good, but you'll also get to every moment of it!

## **Book Information**

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## **Customer Reviews**

Okay, I'll admit - I've read and reviewed more diet books than I can remember. Many of them have a few tips that I take to heart while others are rehashed info that don't mean much to me. This book was surprisingly different - in a very happy way :) Not only was the info a huge cut above the norm, but the author included links to info that I'd never seen before. The life and attitude hacks make a lot of sense - and I've decided that I can begin at least one of these. In going back through the book I realize one of the reasons I like it so much is that it pulls no punches in terms of expectations. This book does not offer a quick fix - but it does offer tools that WORK! (By the way, dear author - thank you for the YouTube channel info. I've already tried the quick spinach salad. Yummy)

This book is awesome!!!!It's everything I needed to stick to my diet (Clean Diet + Zone Diet), it's inspiring, resourceful and very practical. The mental exercises have greatly shifted my mindset; before I used to feel deprived of my favorite foods, and cheated very often, (sometimes even every other day); now I know those foods are the ones that deprive me from my dreamed body. I am single minded and focused, I remember every single time before I eat what do I really want (leanness), I feel so motivated to follow my diets and even enjoy them. I highly recommend this book. Thanks Universe for leading me to this amazing book.

I would recommend this book to all of my family and friends and I did before I even finished. This book helps to rework your thinking in dieting, lifestyle habits, and gives you just general good solid advice to changing any habit you want.

This ain't your grandma's diet psychology book! The author lays out some very specific reasons why people fail on diets (it's not the diet that fails, it's the person on it) and how to circumvent these pitfalls of human nature that we all carry around within ourselves. Do the mental work and preparation before adjusting your eating habits and you'll be successful for life and this book shows you how. Basic, yes...simple, not really...but with a little practise, you can overcome another diet disaster before it begins. You owe it to yourself to at least thumb through this book before you make any New Year's diet resolutions.

I feel much more empowered and confident after using some of the "mind hacks" to keep my engine running clean. After reading the author's other book on 50 fitness tips I was eager to learn more and glad I did. Derek Doepker speaks from experience and knows what it's like to struggle through any new diet so the content comes off as very sympathetic for anyone wanting to change their life starting with your health. Very informative and highly recommended.

I thought I was doing a great job: around the first of February I stopped drinking all soft drinks and all fruit juice. Too many programs said juice was liquid sugar, and too many periodicals said artificial sweeteners were worse than sugar. Well, I gave up juice, but I eat a variety of fruit because fruit has fiber. At the end of two months I had lost nearly 20 lbs, so I told Bill, my husband of 36 years what I had quietly done. What did he do? He started buying big bags of my favorite candy and leaving them on the kitchen table. The author said one of the speed bumps on the way to a healthy weight is your environment. Why would Bill do that? Every time I was pregnant we both gained weight. I talked him

into taking the candy out to his shop, and even got him to give up soft drinks. Our children grew up eating a variety of vegetables, something neither he nor I had done. If you have children, do that now, today. Start good habits. The only time our children had cookies was when we made them. Their favorite to this day is oatmeal butterscotch. Okay, I pushed them towards oatmeal because it was better for them. This author puts common sense into words, but it's up to you to put words into action. The sooner you do, the better for you. Diet alone usually doesn't do it, so find a place to exercise: walk your dog or maybe your spouse to start out- then move on to something a little more strenuous. And stop drinking those soft drinks and fruit juices. I told you what that did for me, and that's without changing any other habits.

We all know that weight control means eating less and moving more. I really thought this was going to be another 'pointing out the obvious' book. But it contains good sound motivational ideas that can help you stick to anything (not just a diet) using your own valid reasons, not someone else's. If I'd actually stuck to my diet, I'd have given it 5 stars! LOL

This was a very quick read. Everything you need to get your mindset ready and focused was laid out very clearly. Get a pen and paper ready and follow along step by step, follow the exercises, and if you do that it will really help you stick to your goals. There's no crazy diet or anything, just tools to get your mind focused and motivated as to what you want, why want it, and how you're going to achieve it. I highly recommend this book and think the tips he uses can be applied to anything we want in life, not just dieting. Since I've read this book i've made better choices, and when I find myself wanting to reach for something unhealthy I re-read the steps and keep myself on track.

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