

Contents

| | |
|-----------------------------------------------------------------------------------------------------|----|
| Introduction | 14 |
| Chapter 1 - Why Can't I Stay on My Diet? | 22 |
| Chapter 2 – The Diet Management System | 26 |
| Chapter 3 – Diet Success Strategies | 30 |
| Chapter 4 – Master Strategies: Mindsets for Success | 41 |
| 1 . Make a Real Commitment | 42 |
| 2 . Establish Your Intention | 45 |
| 3 . Reduce Stress Through Gratitude | 51 |
| Chapter 5 – Foundation Strategies: Master Your Thoughts, Feelings, and Emotions | 55 |
| Become More Aware of Your Thoughts, Feelings, and Emotions | 57 |
| 4 . Breathe | 58 |
| 5 . Question | 61 |
| 6 . Write | 63 |
| Expand Your Empowering Thoughts, Feelings, and Emotions . | 67 |
| 7 . Clarify Your Values | 68 |
| 8 . Embrace Your Identity | 76 |
| 9 . Share Your Gifts | 79 |
| Change Your Limiting Thoughts, Feelings, and Emotions . | 81 |
| 10. From Victimhood to Empowerment | 82 |

| | |
|--------------------------------------------------------------------|------------|
| 11. From Conflict to Understanding | 84 |
| 12. From Judgment to Non-Judgment | 86 |
| 13. From Negative Thinking to Positive Thinking | 88 |
| 14. From Problem to Challenge to Solution | 90 |
| 15. From Fear to Reality | 92 |
| 16. From Denial to Honesty | 96 |
| 17. From Consumer to User to Creator | 98 |
| 18. From Follower to Leader | 101 |
| 19. From Past/Future to Present | 103 |
| | |
| Chapter 6 – Monthly Strategies: Balance Your Life | 107 |
| 20. Balance Your Job/Career/Profession/Business | 110 |
| 21. Balance Parenting/Family | 112 |
| 22. Balance Your Social Relationships | 114 |
| 23. Balance Your Intimate Relationships | 116 |
| 24. Balance Your Personal Development | 118 |
| 25. Balance Your Personal Finances | 120 |
| 26. Balance Your Spiritual Practice | 122 |
| 27. Balance Your Fun and Entertainment | 124 |
| 28. Balance Your Diet | 126 |
| 29. Balance Your Exercise | 128 |
| | |
| Chapter 7 – Weekly Strategies: Design Your Week | 131 |
| Focus Strategies | 134 |
| 30. Take Responsibility | 135 |
| 31. Target Improvement | 138 |
| 32. Establish Priorities | 140 |
| 33. Realize That Everything Counts | 142 |
| Planning Strategies | 144 |
| Your Movement Plan | 145 |
| 34. Move More | 145 |
| Your Diet Plan | 147 |
| What Should I Eat? | 148 |
| 35. Create/Update Your Food List | 148 |

| | |
|---------------------------------------------------|-----|
| 36. Create/Update Your Elimination List | 150 |
| 37. Become a Food Researcher | 151 |
| 38. Food Adding | 153 |
| How Much Should I Eat? | 154 |
| 39. Bring Your Food | 154 |
| 40. Food Tasting | 156 |
| 41. Food Replacement | 158 |
| 42. Food Substitution/Modification | 160 |
| How Often Should I Eat? | 161 |
| 43. Eat More/Less Often | 161 |
| 44. On and Off Days/Meals | 163 |
| 45. Use a Reward System | 164 |
| Where Will I Be Eating? | 166 |
| 46. Eating Out | 166 |
| 47. Eating at Home | 169 |
| With Whom Will I Be Eating? | 170 |
| 48. Eating Environments | 170 |
| Preparation Strategies | 172 |
| 49. Prepare for Stress | 173 |
| 50. Prepare for Temptation | 175 |
| 51. Prepare for Excuses | 178 |

Chapter 8 – Daily Strategies: Create Your Day in Ten

| | |
|--------------------------------------|-----|
| Minutes | 181 |
| 52. Focus Your Thinking | 183 |
| 53. Move Your Body | 186 |
| 54. Eat Well | 187 |
| 55. Prepare for Challenges | 188 |
| 56. Evaluate Your Progress | 189 |

Chapter 9 - Hourly/Decision Strategies: When Managing

| | |
|------------------------------------------------------------|-----|
| Your Diet/Life One Day at a Time is Not Enough | 191 |
| What If I Forget About My Diet Plan? (Reminders) | 192 |
| 57. Active/Passive Reminders | 192 |

| | |
|------------------------------------------------------------|-----|
| What If I Don't Want to Follow My Plan? (Motivators) . . . | 194 |
| 58. Visualization | 195 |
| 59. Movement. | 197 |
| 60. Music | 199 |
| 61. Manage Your Hunger | 200 |
| 62. Experience Eating | 201 |
| What If I Go Off My Plan? (Recovery) | 202 |
| 63. Recovery Plan | 202 |
| 64. Support Systems | 203 |
| What If Nothing Works? (Food Addiction) | 206 |
| 65. The Comfort Zone Journal | 210 |
| 66. The Time Log | 213 |
| 67. The Power of Negative Thinking | 215 |
| Final Words | 217 |
| Endnotes | 220 |