

Chapter 1: Diet First, Life Second?

“If you don't get everything you want, think of the things you don't get that you don't want.”

- Oscar Wilde

Diets

All diets work!

For a while!

And then they fail!

Sustaining a diet is probably the hardest thing in the world to do. It's like asking an alcoholic to quit drinking while making them take a shot of whiskey three times a day! How many times have you started a diet only to have it fail by noon? Three cheers to those who have successfully lost weight and kept it off.

Conventional wisdom says that in order to successfully diet you must make this diet the most important thing in your life; you must totally focus on one thing and one thing only - your goal of losing weight. You must think about dieting almost all of the day; you must be obsessed. You must plan meals, think about exercising, think about snacks and think about what you are drinking.

The great conundrum here is that if you put dieting before your work, you risk losing your job; if you put dieting before your family, you risk family turmoil, and if you put dieting before God you risk losing your soul!

This book's goal is to allow you to maximize your diet by interweaving healthy lifestyle choices with your spiritual life, your family and your job. *The Losing Attitude for Dieters* allows you to

keep focus on your dieting while actually increasing your dedication to your work, your family and to God! All parts of your life will get better and as a bonus you will lose weight!

Top Ten Reasons Diets Fail

1. **Sickness or Feeling Poorly.** Successful dieting requires almost total concentration and if you are not feeling your best, you have an excuse. After all, didn't your mother always say, "Feed a cold, starve a fever?" Doesn't this give you a great reason to gorge yourself?

In reality, if you continue to make healthy eating choices while you are sick, it will be good for both your body and your spirit. You might as well diet; you're feeling lousy anyway!

DIET TIP #1

The best way to increase your desire to diet is to purchase a full-length mirror and hang it prominently in your bedroom or bathroom!

2. **Holidays or Special Days.** Why should you diet when everyone else is feasting on stuffing and apple pies? Won't

you be disrespecting the birthday person if you don't have any of their cake? Too many diets end on holidays or birthdays.

It's not like these special days caught you by surprise. Prior planning will help you survive these roadblocks. Don't forget to see the chapter on "Perfect Planning" to see how.

3. **Diets can be Expensive.** Many diets require special food choices that can run up your food bill quickly. There are many simple meal choices that will actually save you money (see some of my favorite recipes at the end of the chapters).

It might be time to start your own garden. If you live in an apartment, maybe you can grow a string of tomatoes on your balcony.

4. **Despair.** Sometimes life just doesn't treat you fairly. Even a small disappointment can lead to a dieting slip, and that slip can lead to more disappointment. Developing *The Losing Attitude for Dieters* is the best way to keep your life and your diet on an even keel.
5. **Hunger.** If you try to lose too much weight too fast, you take the risk of being hungry all the time. It is true that hunger can motivate you by letting you know you are losing weight, but hunger can also cause you to lose your focus.

The best way to diet is to have a sure and steady plan. Every ice cream cone you replace with an apple and every slice of pizza you replace with a chicken breast is a small victory!

6. **Nutritional Restriction.** If your diet restricts your nutritional intake dramatically, a series of body changes could affect your health and your diet.

Include nutritional foods in your diet, whenever possible. Try never to cut out entire food categories.

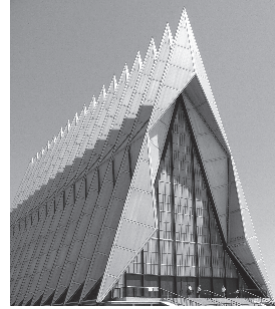
7. **Work Restrictions.** Does your work require you to be on the road all the time? Maybe you have to have lunch with clients several times a week. Does the stress of staying home with a newborn and several other young children work against any diet you might try?

Again, planning is very important here. Look at the restaurant menu on-line and decide what you will order before you even arrive. Have meals prepared in advance that you can get ready at a moment's notice when schedules get tight.

8. **Habits Die Hard.** If you are like most people, you have developed some poor eating habits over the years. These habits are hard to stop, especially if they are linked with some event. For example, perhaps you always treat everyone to pizza after a child's Little League game.

9. **Bland Diet Food Choices.** Many times, diets that prescribe exactly what you need to eat, for every meal are rather bland and unexciting. You may have to get more creative if you want to add more spice to your meals.

10. **Spiritual Lows.** Dieting takes time away from many of your usual activities. Be careful not to lessen your spiritual life, because you can be very vulnerable and weaker during a diet, and a solid spiritual life is the best prevention for any spiritual attack. Skipping church or your nightly prayers might seem like a good idea at the time, but these time-savers will be counterproductive in the end.



I'm sure you can come up with many other reasons why diets have failed in the past for you. By implementing *The Losing Attitude for Dieters*, you can alleviate each and every one of these reasons. You will find that you can overcome any dieting obstacle by increasing your motivation.

Addicted to Food

Life at the Blue Zoo; the Aluminum Womb; The Air Force Academy was intense. Eighteen-hour work-days, intensified with hours of exercise, tended to burn almost any calories a person

might consume. I arrived in Colorado Springs as a skinny 165-pound kid and managed to add 15 pounds of muscle before I graduated. I also managed to acquire a 4,000 calorie a day addiction that I have been fighting every day of my life.

When I was younger, I could lose weight relatively fast. It was nothing for me to exercise seven to ten hours a week. As I matured, I slowed down; every pound seemed more attached to my body than ever, like ancient barnacles on the keel of a ship.

DIET TIP #2

If you can, rid your house of all those foods that you know you have trouble resisting. I bet your family would be willing to make sacrifices in this area for you!

Why Diet?

It is very important to firmly implant in your mind why you want to diet. If the reasons for your diet are not front and center in your mind most of the time, then you will have trouble.

What are some of the best reasons to diet?

1. **Your Health.** It should be obvious, but the long-term benefits of losing weight are enormous. Being obese can increase your risk of heart disease, stroke, diabetes, cancer and other illnesses.
2. **Your Job.** Let's face it, employers discriminate on hiring and on promotions based on whether a person is overweight or not. Not only does an overweight person pose a greater health cost to a company, but they are often perceived as not being good workers.
3. **Your Family.** Are you missing out on family activities because of your weight? Is it possible that your husband or wife doesn't find you as desirable as you once were? Maybe your struggles with your weight are making your whole family struggle.
4. **Reunions.** Do you have a high school or college reunion coming up? Maybe you want to look good for an upcoming wedding. Are you meeting an old friend you haven't seen for quite a while?
5. **Life Changes.** Are you tired of your job? Are you tired of not being able to participate in certain athletic activities? Maybe you just want to change the entire direction of your life around.
6. **The Opposite Sex.** Maybe you haven't been able to attract the type of partner that you feel you deserve. A

more slender you will give you the confidence to pursue the man or woman of your dreams!

7. **Feeling Good.** Does overeating make you feel the next morning like you've been run over by a truck? If none of the above reasons resonate with you, then you should diet just for the general overall well-being you will feel after you shed some weight!

These are some powerful reasons for losing weight. Some of these reasons are short termed, focused, and directional and some span a life time. Some of these reasons are purely selfish, and some will make life better for you and everyone you know. It is very important that you know exactly why you want to lose weight. Knowing this helps build *The Losing Attitude for Dieters* and will help you stay focused in down periods when you need help!

Later in this book, you will learn how to handle those times when life just kicks you in the teeth and tries to hold you down. You will learn how to pick yourself right up and start again. Knowing the reason why you want to lose weight will help you in this process.

Decision

Everyone I have ever interviewed about their successful weight loss could always point to the day when they finally said, "Enough is enough!" They made the ultimate decision, the absolute commitment to start their final diet.

If you have started a diet only to have lost your way by lunch, then you know why not making a commitment is a killer to the dieting process. It is incredibly important that you make this same decision.

I can remember when I made this decision, like it was yesterday.

I had a really bad year; four eye surgeries made me wonder if I was ever going to be able to drive again. I was worried I might not be able to read without the aid of a big magnifying glass.

The last thing I worried about that year was my weight. I had eaten anything I wanted and the scales showed it. Also, I just turned 57 and faced the terrifying idea that I was going to attend my 35th college reunion in the fall as a fat old man.

Since graduating in 1975, I have had little contact with my classmates. Over the years, I had managed to gain almost 60 pounds, and now I was going to see some of my classmates for the first time in 35 years doing my best impression of a blimp! It was then that **I made the commitment to lose at least 40 pounds before October, but how?**

It was time to rely on my vast knowledge of dieting techniques, and it was definitely time to use my skills in motivating to motivate myself!

Life Happens

The problem with sustaining a diet is that “Life happens.” The best made plans always seem to end up in the trash when life intercedes; maybe you get a cold, or a relationship ends, or you lose a job. There are many diet stoppers that can end your diet before you have lunch on the first day.

Is there any hope? You bet there is! If you develop *The Losing Attitude for Dieters* in all aspects of your life, then when those diet stoppers intrude into your life, you will be ready. Your life will always have rain; just make sure to wear your rubber boots!

If eating healthy has become a part of your life, then when a crisis occurs and you resort back to your core actions, you won't fall apart. Make a healthy eating lifestyle a habit!

Professional Dieter

I have probably tried almost every diet that ever existed; the grapefruit diet, the all meat diet, the almost all meat diet, the boxed food diet, the vegetarian diet, the weekly meeting diet and many more. I never tried the drinker's diet, but I thought seriously about it. You might say I am a professional dieter.

In the past, I always sought the latest fad, the newest diet with the best promises. What I really needed was an attitude change.

DIET TIP #3

Decide that you are starting your diet and tell everyone you know that you are dieting. It is a lot harder to quit your diet when everyone is asking how your diet is going!

Why did all these diets fail?

Was it the actual diet?

Was it the dieter?

The bottom line is that all these diets failed for me because I lost my motivation and my focus. When I review my performance on various diets, it was always my lack of drive that made the diet fail. I must admit that many times I had huge life distractions that made me lose focus. If I had developed *The Losing Attitude for Dieters*, then I could have overcome those distractions and been more successful.

One of my diets lasted for more than a year and some only lasted until lunch. The problem is that I always got distracted and always failed. I must admit that my whole heart wasn't in it sometimes, but something always seemed to come up that stopped me.

I once dieted for an entire year. It was then that life interceded. I changed jobs and had to move to another state. The new 12-hour day, five/six day work-week really made me lose my focus and as a result I started gaining weight.

It is obvious to me now that I hadn't integrated my new healthier lifestyle into my work. Had I developed *The Losing Attitude for Dieters*, then a new job wouldn't have caused me to lose my focus and my goal!

A Good Start

Dieting is not easy. You really have to marshal all your efforts to succeed. Your desire to lose weight has to infuse every molecule of your existence, so that you are ready when life intercedes. Choosing the right time to start your diet will only help increase this desire.

Not everyone is like me, but I have to psyche myself up to start a diet. A good starting point helps me do that. For instance, I could never start a diet on a Friday; a Monday just seems like a much better day to start. The first day of the month is also good for me. If January 1st falls on a Monday, then I'm ready to start anything!

I always like to have a starting point for a diet and January 1st seemed perfect. The problem was that in early December, I found out that a retinal hole that had been closed in an eye operation in June had opened up again.

I was in that lucky 2-4% where life jumped in and the operation didn't work. I spent Christmas not knowing if I would ever be able to drive again or ever read without much trouble. What a way to start a diet.

I decided that I wouldn't let this stop me. I would make sure that I developed *The Losing Attitude for Dieters* and I would be successful. I decided that I would push for another eye operation in January.

Taking these positive steps in my life helped motivate me. See the "My Success" chapter to see exactly how I did and how my class reunion went.

What You Will Get From This Book

1. **Exercise.** Exercise can be very important for your weight loss, but there are many exercising myths out there about losing weight. Learn how exercise can help and hurt you in your weight loss quest!

If you don't like to exercise, then join a large group of us. Learn ways to incorporate exercise into your life and how exercise will help you in your weight loss.

2. **Work.** Whether you work as a stay-at-home mom/dad or you go to work every day, it is vital to interweave your dieting into your work. Work can be a diet buster, and you must learn how to make your employment work for you.

If you are not happy with your job, you only have two choices; find another job or get happy. *The Losing Attitude for Dieters* has a plan to make your office or home a better place to work.

3. **Scales.** The desire to jump on a scale every day can be almost overwhelming during a diet. The results of weighing too often can be discouraging.

Learn how to turn your scale into a dieting tool. Use your weighing results to motivate, not discourage.

4. **Family.** It is so important to not disregard your family while dieting. Instead, learn how to use your family to help you diet.

Wouldn't it be great to lose weight and make your family life better? *The Losing Attitude for Dieters* can help you do this!

5. **Binges.** Unless you are one of those totally disciplined people, you will probably binge at one time or another during your diet. On second thought, if you were one of those totally disciplined people, you wouldn't have needed this book.

The Losing Attitude for Dieters teaches you how to reconstruct your dieting outlook after a binge has decimated your diet. Also, this book outlines the innovative idea of planning binges just to keep you sane during an extended diet!

6. **God First.** If you are a spiritual person, then no diet will work unless you are able to keep God first in your life. *The Losing Attitude for Dieters* has a plan to do just that. Why not ask God for help with your diet?
7. **My Favorite Diets.** As I stated before, as a professional dieter, I have been on almost all of the popular diets. In this chapter, I will relay the good and bad points of each diet and how I fared.

Remember, if you develop *The Losing Attitude for Dieters*, any of these diets can work for you. You just have to choose the one most suited to your life-style.

8. **Perfect Planning.** Depending on what diet you have chosen, there will be varying degrees of planning needed. This chapter will lead you through the different types of planning and discuss ways of fitting this planning into your life.
9. **Managed Failure.** There will be days when life intercedes and you just won't do well on your diet. In other words, you failed. *The Losing Attitude for Dieters* discusses in this chapter how not to let these failures ruin your diet; in fact,

you can learn from these failures and actually strengthen your lifestyle choices.

10. **Success.** Did I manage to lose the 40 pounds I wanted to and attend my 35th class reunion in style? Read about the trials and tribulations of my quest in this chapter.

I have been a teacher most of my life. Even in jobs when my job description didn't include teaching, I taught. I consider teaching to consist of two parts: The first is to impart knowledge and the second is to motivate the student to learn this knowledge.

I learned the dieting and attitude adjustment tips in this book through sometimes painful trial and error. It is my desire that you will learn these tips and apply them and make many healthy lifestyle changes.

Let me teach you to lose weight through the remaining chapters of this book. Get motivated and develop *The Losing Attitude for Dieters*.

Get Started

Don't fall into the trap of just acquiring knowledge and not applying this knowledge. Take action and start your diet right away.

I hope that once you read this book you will be so motivated that you will want to start your diet immediately. If you have been

adjusting your attitude by trying to figure out why you want to diet and have been planning some lifestyle changes, then you are ready.

Be ready; be outrageously successful with your diet, and if you have any health concerns, make sure you discuss your diet plans with your doctor.

Don't forget to tell your doctor that the next time they see you they will be seeing less of you!

Now, get started!

Flat Bread Pizza for Two

~500 calories per person

I love pizza so much that I have to somehow scratch that itch a couple times a month or I will surely binge. I love this recipe that helps me get my pizza fix.

1/4 cup whole-grain flour

3/4 cup white flour

1 1/2 T olive oil

salt

1 t active dry yeast

4 oz prosciutto ham

minced garlic onion

green pepper

1 cup mozzarella cheese

Whisk yeast into 2 tablespoons of warm water, add 1 tablespoon of olive oil, and let sit 10 minutes. Mix all but 1 tablespoon of flour into yeast mixture. Keep adding warm water until dough reaches an elastic consistency. Let dough rise in a bowl coated with last 1/2 tablespoon of olive oil.

Use last tablespoon of flour to dust dough and roll out as thinly as possible. Grill on outside grill or in oven for about 4 minutes. Remove and spread minced garlic followed by mozzarella cheese. Add prosciutto ham and any raw vegetables you want. Return to oven or outside grill until cheese melts.

Enjoy!