

Introduction

I'm not one of those fancy doctor or movie star diet authors, who have probably never dieted a day in their lives. I have consistently dieted for the last 35 years, and I hope you can learn from my failures and successes.

If you have ever started a diet with some success only to have the diet fail in the end, you really need this book. Many great intentions, and great diets for that matter, fail because unexpected problems at work, with your family, or spiritually intervene into your life and make you lose focus on your diet.

Reading *The Losing Attitude for Dieters* will prepare you to stay focused on achieving your weight loss. You must first get your life in order so you can concentrate on developing healthy lifestyle choices needed to make your diet a success!

In *The Losing Attitude for Dieters*, you will discover the healthy choices I applied to my own life, which resulted in my losing 40 pounds before my 35th college reunion. What a great feeling that was! Join me, as I recount the sometimes humorous and mostly successful paths I followed during the first ten months of my diet.

This book contains many tips, suggestions, techniques and recipes to make any diet you choose more successful. I hope that several of these items will be the missing links you have been searching for to turn your dieting failures into successes.

No book gets published without the help of many people. Without the help of my family and my good friends Dave and Laurel, this book would never have seen the light of day.

Lose weight, look better, and feel better!

Professor Tom Laurie