

Table of Contents

- Chapter 1: Diet First, Life Second? 13
 - Diets..... 15
 - Top Ten Reasons Diets Fail 16
 - Addicted to Food 19
 - Why Diet? 20
 - Decision..... 22
 - Life Happens 24
 - Professional Dieter..... 24
 - A Good Start..... 26
 - What You Will Get From This Book 27
 - Get Started..... 30
 - Flat Bread Pizza for Two ~500 calories per person 32
- Chapter 2: Exercise Sucks 33
 - The Truth about Weight Loss from Exercise 35
 - Exercising Advantages..... 37
 - Exercise Motivation..... 38
 - The Bottom Line 40
 - Braised Vegetables 42
- Chapter 3: Off to Work We Go... Unless We Stay Home 43
 - Your Job 45
 - Lousy Job..... 45

Great Employee	49
Small Steps to What Employers Want	50
Stay-at-Home Parents.....	58
Scallops and Shrimp for Two ~250 calories per person.....	62
Chapter 4: Scales Lie	63
Scale Types	65
How Scales Work.....	66
Body Weight Variants	68
Reality.....	70
Grilled Chicken Salad ~300 calories per person	72
Chapter 5: Family First.....	73
Family Diet	75
Happy Wife – Happy Life	76
Family Activities.....	77
Involved Family Decisions	77
Think Before Speaking	78
Hugs	80
Encourage Suggestions	80
Family First – Respect Friends.....	81
Admit You Are Wrong.....	82
Compromise	83
First the Family.....	84

Chicken Stir Fry for Two ~400 calories per person.....	87
Chapter 6: Pizza and Other Binges	89
Warning Foods	91
Overeating	93
Planned Bingeing.....	96
Salsa Chicken Salad ~400 calories.....	98
Chapter 7: Spiritual Life.....	99
Spiritual Disciplines.....	101
Asking for Help	105
My Story	107
Homemade Breakfast Tarts ~360 calories.....	110
Chapter 8: My Favorite Diets.....	111
Weight Watchers ®.....	114
Nutrisystem ®.....	116
South Beach Diet ®.....	117
Baked Haddock ~310 calories	120
Chapter 9: Perfect Planning	121
Meal Planning.....	123
Food Shopping	124
Family Coordination.....	125
Rest Planning	125
Restaurant Planning	126

Vegetable Stir Fry ~100 calories	127
Chapter 10: Managed Failure	129
Steak and Shrimp ~500 calories.....	140
Chapter 11: My Success	141
Vegetable Soup ~250 calories.....	149
Chapter 12: Final Thoughts	151
You Win	153
Hawaiian Pork Chop for Two ~240 calories per person.....	157