



## Too Many Diets, Not Enough Chocolate!

*R. K. Sidler*

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Tired of trying to remember what you should and should not eat? Tired of looking at food as a number of points rather than the delicious and satisfying item that it is? Tired of eating less and exercising more, yet still not losing any weight? Having a basic understanding of the biological, psychological, and social issues of nutrition and exercise can help you achieve quality physical health goals for life. **Too many diets, not enough Chocolate!** is a fundamental guide which can help you understand those influential aspects, and help to point you in the right direction. If certain diet plans have not worked for you in the past, and if you are tired of the empty promises of attaining that 'perfect' body without any effort, then this information is for you. A little understanding, a moderate amount of effort, and reasonableness can help you achieve the physical goals you desire as well as promoting a positive mental outlook. Eating should be enjoyable, not a guilty indulgence. If you are looking to lose a substantial amount of weight, this book is not for you—at this time. Once you come closer to those weight loss goals, this information can help you maintain what you have achieved while supporting your approach to nutrition and exercise as a lifetime commitment. When you learn how your body functions in relation to the different foods you eat, you are empowered to satisfy both it and yourself while avoiding the extremes relative to self-deprivation and over-consumption.

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