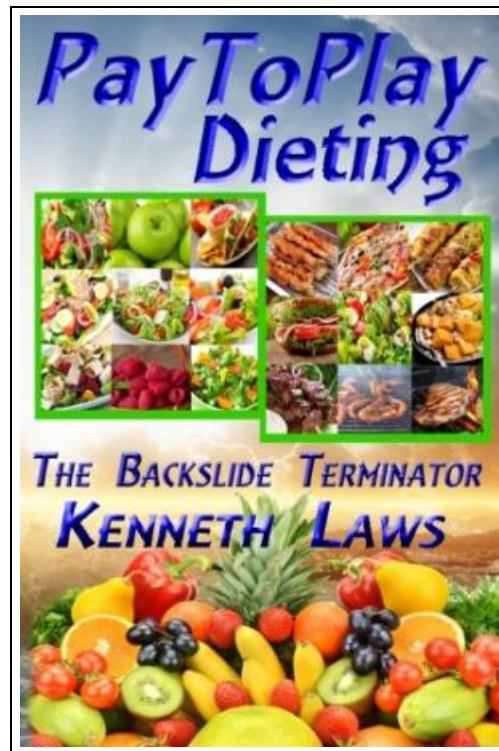


## Pay to Play Dieting: The Backslide Terminator



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### ***Reviews***

*Very good eBook and valuable one. Better then never, though i am quite late in start reading this one. I am very easily could possibly get a satisfaction of reading through a created publication.*

*(Brienne Heidenreich)*

## PAY TO PLAY DIETING: THE BACKSLIDE TERMINATOR







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Createspace, United States, 2014. Paperback. Book Condition: New. 203 x 133 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The book truly is, The Backslide Terminator. While Pay to Play Dieting holistically targets backsliding, the book is aptly named Pay to Play because it s a collection of methods whereby a cost is associated with any part of a diet that s high in calories. Be sure to Look Inside in order to read the first chapter and the excerpt below from the chapter, The Deal Breaker. ----- Logic said that I had stumbled on why it s so easy to backslide: People save their fat clothing just-in-case! I spent the next few days wrestling with the concept. I came up with the six truths of backsliding. 1. Keeping the large clothing assumes I will need them. 2. Keeping the clothing left open the door to backslide with impunity. 3. Removing the larger clothing meant that the smaller clothing would become my alarm system. 4. When my clothing became tight, this meant that I had to step up the pay system intensity or cut down on the meals. 5. The decision of keeping or getting rid of the clothes was going to determine if my weight maintenance plan would succeed or fail. 6. Keeping large clothing was a deal-breaker. I needed to stop dieting or get rid of the clothes. It took a few weeks to come to grips with my choice; I just let it go. All my jeans, and my oversized pull-over shirts, all went to Goodwill. At first there was remorse, but then I felt empowered with the knowledge that my diet was going to work-forever! I have since named this small part of my maintenance plan: The Backslide Terminator.

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