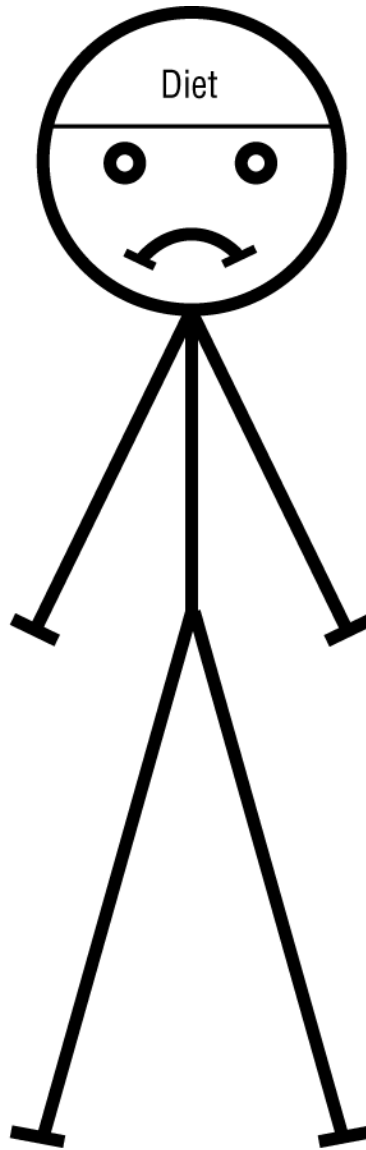


# YOUR NO-DIETING: IT'S NOT YOUR FAULT REPORT

## The 5 Real Reasons Why Your Diet Doesn't Work



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Your Anti-Dieting Report  
The 5 Real Reasons Why Your Diet Doesn't Work!  
(and why it's not your fault)

It's time for you to learn THE TRUTH about why your diets don't work and why IT'S NOT YOUR FAULT. Understanding why your diets don't work and why IT'S NOT YOUR FAULT will give you the choice to manage your weight challenge in a new and exciting way.

Let's go over the 5 reasons why diets don't work and WHY IT'S NOT YOUR FAULT. THEN LET'S TALK ABOUT HOW CHANGING YOUR POINT OF VIEW ABOUT DIETING CAN LEAVE YOU FOREVER THIN AND HEALTHY.

So let's begin with Reason # 1.

Reason #1-They're Not Your Rules.

Your diet doesn't work because they're not your rules. A diet is designed by other people who feel that they know best what it will take you to become forever thin and healthy.

Your diet (these other people's rules) are designed to help you decide what you should eat, how much to have and in some cases what part of the day to eat what. This is all in an effort to get you thin and healthy. In addition to all these rules, your diet tells you to

basically ignore your own food-thoughts (any time you think about food) because it's your very own food-thoughts that brought you to this diet in the first place.

### Reason #2-Your "Escape"

Well, the TRUTH is that your diet doesn't work because after being on your diet for a period of time (remember, those other people's rules!) you're going to want to escape. When that feeling of wanting to escape happens then you're either going to "binge" or "overeat" depending on what you call it.

**BUT!!!!!!**

**IT'S NOT YOUR FAULT THAT YOU JUST DECIDED THAT YOU WANTED TO DIET "BINGE" OR "OVEREAT".**

Being on a diet is like living with a wicked stepmother.

At the beginning, you need the shelter.

But how long is that going to be fun?

So now let's go to Reason # 3.

### Reason # 3-Catch 22

When you decide to “binge” or “overeate” on a diet, two things happen. **The first thing that happens is that you did the only thing that you could do to get relief from the rules of the diet.** *However, the second thing that happens (either during or after the “binge”) is that you’re going to feel very out of control. You’re going to feel very out of control because you didn’t have the choice to stop yourself.*

So what happens next?

#### Reason # 4-The “Punishment”

After you’ve “binged” or “overeaten”, this is probably the kind of conversation that you’re going to be having with yourself:

“What am I going to do?”

“I want to be thin.”

“I want to eat healthy.”

“I obviously can’t do this on my own.”

“I mean look what I just did...”

“I obviously can’t trust myself...”

Next it’s:

“I’ve got to get back to this diet.”

“I want to be thin.”

“I obviously can’t do it myself!”

“I want to be thin!”

“I mean, look at what I just did!”

“I must return.”

#### Reason # 5-The Return

So what do you do?

You return to your diet. You go back on the diet to be able to trust yourself with food (at least for “another” period of time) all the while knowing (at least in the back of your mind) that your next diet “binge” or “overeating” experience is just waiting to happen.

SO...

**THERE IS NO WAY OUT!**

**DIETS DO NOT WORK!**

**THEY’RE SELF-DEFEATING EXPERIENCES WHICH LEAVE  
YOU FEELING DEPRIVED, FRUSTRATED AND VERY UNHAPPY.**

Therefore:

Are you ready to stop dieting?

Are you ready to eat what you want?

Are you ready to stop when you want?

Are you ready to think less about food?

Are you ready to become *forever thin* and **healthy**?

If your answer to all these 5 questions is yes then *it's time to stop dieting and see things from a different point of view.*

That different point of view is Sora's Weight-Loss "Management" Program. Sora's Weight-Loss "Management" Program teaches you how to eat any food that you want, stop when you want *and become forever thin and healthy all without having to diet!*

Sound too good to be true?

Click [HERE](#) to find out **how easy it really is to do.**

In Don't Ever Diet Peace,

*Sora*