

FINALLY! THE DIET THAT WORKS!

- ***THERE IS NO SUCH THING AS ONE PARTICULAR DIET THAT IS RIGHT FOR EVERYONE!***
- ***THE BEST POSSIBLE DIET IS ONE DESIGNED SPECIFICALLY FOR YOU!***
- ***THERE CAN ONLY BE ONE "BEST" WAY TO LOSE WEIGHT, WHY NOT FOLLOW IT?***

If you have a problem with being overweight, you should know that your frustration is shared by two-thirds of the nation's population.

The Center for Disease Control has recently determined that a poor diet and physical inactivity caused 400,000 deaths in the year 2000, second behind tobacco as a preventable killer, and that 2 out of 3 adults and over 9 million children are overweight or obese.

The time to do something about this is now!

HI. My name is Kevin Myles and if you are interested in losing weight, I have written a book just for you! [The Diet That Works](#) is a new e-book based on the knowledge I have acquired in my over 25-years of involvement in the fitness industry. It contains everything you need to know in order to reach your ideal fitness goals.

If you've never heard of me, that's just fine because it's not about me, but about you and whether or not I can help you. I have been helping people reach their fitness and weight-loss goals since 1980 when I first started doing fitness training. Along with my own personal success, I have been fortunate enough to observe, learn from, and teach some of the fittest people in society today. I have been the training and

nutritional consultant of people with all levels of experience, from complete beginners to professional athletes. Currently I am the managing editor of one of the top online magazines in the fitness industry, [Bodysport](#), and I have spent the past 15 years managing 2 top health clubs, a health food store, and an exercise equipment store, giving me front line interaction with those in search of fitness success. I have given seminars at corporate companies on weight-loss and nutrition and I currently coach people getting ready for fitness and figure competitions. I have been fortunate enough to be associated with a number of knowledgeable and successful people within the fitness industry and I have completed certification courses in personal training, performance nutrition, and strength and conditioning.

NONE OF THIS REALLY MATTERS! THE ONLY THING THAT MATTERS IS "CAN I HELP YOU?"

There is more than a little confusion today about what constitutes an effective diet and weight-loss program. With so many people claiming to have the answer, this really shouldn't be the case. The problem is that there is no one diet that works for everyone. The ideal solution must be adaptable and capable of addressing specific, individual needs.

NO DIET DESIGNED FOR JUST ANYONE WILL WORK FOR EVERYONE!

In my e-book, I will teach you all of the best tips and techniques for losing weight safely and effectively. In addition, I will teach you how to create your own unique diet program, based on your needs and current level, that you can continue to adapt until all of your goals are reached. These are the same principles and techniques I use for the people I coach to allow them to become fit and lean in the shortest time possible. In my book, I will outline for you step-by-step everything you need to know in order to alter your current eating habits into the best possible diet program for you. I've simplified everything to make it easy to understand and follow.

NOW YOU WILL HAVE THE KNOWLEDGE YOU NEED TO GET THE RESULTS YOU WANT!

You will learn the answer to such questions as;

What's the one thing you must be willing to do in order to be successful?

Exactly what is a diet and how do you take yours from where it is, to where it should be?

Why are so many people in society today having problems with their weight?

Why you should never eliminate carbohydrates from your diet.

What is the biggest key to continued, long-term success?

This book also contains sections on each of the following:

The Power of Self-Belief

Awareness vs. Denial

The role Exercise should play in your Weight-Loss Program.

Overcoming Sticking Points and Maintaining Progress.

The Importance of Structure

Developing the Proper Mind Set

Ideal Eating Frequency

Meal Content and Food Selection (includes food lists)

Exercise Tips and Principals for getting leaner

Avoiding Traps and Setbacks

The Proper Use of Goal Setting

And virtually everything else you need to know in order to become leaner, healthier, and more fit.

I understand that the process of losing weight can seem overwhelming and frustrating. What I have done is taken the best information available and compiled it in a way that is easy to understand, yet tremendously effective.

This e-book is over sixty pages and highlighted with the experiences of real people who have lost weight and the techniques that made their success possible. No, I am not a doctor or dietician. But I am someone who has been involved with health, fitness, and nutrition for over two decades.

Here is what a few people who have read the book have to say:

I read a great deal of books, magazines, journals, etc. on a wide variety of subjects. I have to say you are an excellent writer! You are on par with some of the best people I've read. Your style of writing is smooth and clear, and I feel like I'm having a conversation with you.-D. Burkes

I struggle with emotional reasons for eating. I especially appreciated your approach near the beginning that states that EVERYONE deserves to be the best they can be. I think that's great, because even if people don't readily admit it, many can have struggles with low self-esteem.-H. Leigh

It has a lot of good information and especially the part that you write about the Atkins diet because I have so many friends that will not eat carbs because they think they will gain weight and what they do not understand that is that they need to eat the right carbs and you have explained that very well in your book.-D. Christian

I felt like you were talking directly to me!-M. Reyes

This is a very nice read. Your personality really comes through. It also seems that anyone, at any stage of fitness, can use this information. The way you lay it out, everything makes perfect sense, it is non-threatening, and cuts through the debate of diet and exercise.-S. Robinson

Whatever you decide to do about your desire to lose weight, please take the time to be safe and smart and invest in yourself by getting the best information available to you. I hope that you will decide to let my new e-book be a part of your fitness education.

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