

## Introduction

*It is not easy to find a diet that works effectively. I have been looking for a good diet plan for years. Inspired by disappointing results of all diets I have tried before, I have decided to take what is best from them all and create a simple diet plan of my own. My idea was so successful that my friends demanded to know how my diet works. It was impossible to answer all their questions in a few simple sentences and that was how the idea of this Universal Diet book was born...*

I see that you have many questions about diet, too. Have you finally decided to lose some weight? Have you decided to go on a diet? If you have, I would like to tell you something that will make you feel good right from the start. It is one of the best decisions you have ever made. You should be proud of yourself because most of *heavyweights* will not even come close to making such an important decision. They will not diet for many different reasons; sadly, most of them just do not care. You are not one of them. You got fed up with that nonsense and you want to do something about your weight once and for all. Although today, you may not be sure how to start. Soon after you finish reading this book, you will find out how simple and effective this universal diet plan can be.

Are you disappointed and confused with the results of all diets you have tried before? Do you already know what most of the modern diets have in common? Most of these diets simply do not work as they supposed to and if they do happen to work, the effects of that work is temporary. What makes Universal Diet plan different from all other diets? This logical diet plan makes dieting work, permanently.

I'm sure that right about now you are wondering, whether this Universal Diet plan will work for you. Yes, it will. This diet plan will work for everyone, because the so-called weight issue affects every single one of us physically in exactly the same way. I am sure you have notice that the fat does not discriminate against any person based on sex, age, religion or race. It loves all of us the same.

Although physical aspects of dieting are almost the same for everyone, the psychological ones would affect every person in a very different way. In this book, we will deal with both physical and psychological aspects of dieting.

Most of you already have a few dieting experiences but some of you do not. This book will help you on regardless of your current level of dietary expertise. If you are a diet virgin, consider yourself especially lucky. Universal Diet book will take you from the step one all the way to the step last and give you all the knowledge you need to overpower your weight issues without declaring bankruptcy or ending up in the psychiatric hospital.

Universal Diet's adventure will be different from anything you have experience before. This time around, you will not only lose the extra weight you have gained so far, but you will also keep that lost weight off forever, and more.... "And more?"

Oh, yes... much more. Do not get mislead by the word *Diet* in the title of the book. It is much more than a diet book. This book will show you how to eat and drink so you don't have to be on a diet at all...and if that is true, this may not even be a diet book after all...

I do not want to call this book *a diet book* but the weight-loss is widely associated with the word diet, and essentially, before you can start to maintain your normal weight you have to reduce it to the certain level first, so, in a sense it is a diet book...*whatever*.

Do not jump to the conclusion just yet. I am not about to promise you an 8-week miracle that will end with a heart attack. Instead I can assure you that at the end you will be rewarded for all the sacrifices you are about to make, with a normal and stable weight. This end is still far, far away from today so keep on reading and start praying because the things may get worse before they get better.

I hate being on a diet and I am sure you hate it too. I feel bad for everyone who is trying so hard to lose his or her weight without realizing how simple it can be. Unfortunately, so many of us still do not know how to do it. Many years ago, I was as clueless about dieting subject as you are now. You have no idea of the ordeal I had to go through in *my first dieting chapters*. I made so many fattening mistakes. I wasted so much money and so much time following someone else's square directions. Although it has not happened over night, things changed soon after I uncovered something truly magical. I discover that by following few basic diet key-rules successful dieting is simpler than I had anticipated. These basic dieting KEYS helped me not only to reach my Ideal Body Weight but also to open the doors to the *diet plan* that is truly *universal*.

Universal Diet is not only about my personal dieting experience. Universal Diet is the combination of elemental KEYS that make a diet works. It is the core, the essences of dieting. I took these essential KEYS from a number of diet books without asking. I mixed them up with a drop of my own professional dieting knowledge, and now, I am passing all these diet KEYS on to you. Take them – they are all yours.

....more at <http://www.dietuniversal.com/>