



# Types of Diets: Helping You Choose the Right Diet for You and How to Get Started

*Kevin D. Woods*

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**Types of Diets: Helping You Choose the Right Diet for You and How to Get Started** Kevin D. Woods  
Are you confused about which diet is best for you? Have you tried a diet and failed? Perhaps it was not you that failed, perhaps it was the diet itself. One of the main reasons people fail at any given diet is that, with so many different diets available, it's hard to know which one is right for them and they end up choosing the wrong one for their body type, life style, preferences, personality, location and the like. There are mountains of research scattered all over the place that we must do to find "the perfect diet" making it even more challenging and very frustrating. We all want the right diet for us so we can shed those extra, unwanted pounds to feel vibrant and alive but we don't want the disappointment of trying another diet and failing...again. In "Types of Diets: Helping You Choose the Right Diet for You and How to Get Started", Kevin Woods will share with you some pointers about how to choose the diet that's right for you, common mistakes that cause people to fail, what factors typically lead to success, an overview/review of several of today's most popular diets, what a typical "day in the life" of each diet looks like to help you get an idea what it is all about and suggested shopping lists on how to stock your kitchen to give you the best possible chance for success! Whether you are preparing for a New Year's Resolution or are just ready take control of your diet, this book is the perfect resource to help you successfully make informed decisions and achieve your goals on your terms! Happy reading and prepare to have the success you've always been looking for in your preferred a diet program.

Some diets that will be reviewed include:

The Paleo Diet

Choose to Lose

The Skinny Rules

Wheat Belly

The Digest Diet

The 17 Day Diet

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