

## Back on the South Beach Diet

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Today, I started back on the South Beach Diet. I've been on this plan before and it has worked well for me. I was ready to get back on the plan since the holidays are over and get back into the groove. But that is the key... I was ready!

There are two main keys to being successful in losing weight: you must be ready in your mind to tackle this project in all facets that are thrown at you (and you must have willpower) and you must know the type of diet that works for your body.

Just because the South Beach Diet works for me does not mean it will work for you. Believe me when I say that I have tried many other types of diets that have not worked for me. But that was because they were wrong for my body type. It wasn't until I discovered South Beach that I realized that I had discovered the plan type that matched my body type. And then I was well on my way to losing weight. And I was very successful at it. I met my goal for my wedding. And then I had a baby. And now and I back at it again, ready to tackle this project. I know I can do it. Can you?