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# Quotes about Diets and Dieting

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Changing our diet is something we choose to do, not something we are forced to do.

Instead of dreading it, try saying, Here's another thing I get to do to help myself. Great!

- Anderson, Greg

Probably nothing in the world arouses more false hopes Than the first four hours of a diet.

- Beckett, Samuel

'Tis a superstition to insist on a special diet. All is made at last of the same chemical atoms.

- Emerson, Ralph Waldo

To safeguard one's health at the cost of too strict a diet is a tiresome illness indeed.

- La Rochefoucauld, Francois De

Not only don't diets work, they're actually designed to fail. It's not you or your lack of will power that's the problem. It's that diets by their very nature simply don't work.

- Schwartz, Bob

The Diet Mentality has come about because there is agreement in our society that the only way to lose weight is by dieting. But dieting produces absolutely no permanent,

positive results. In fact, it makes you feel worse about yourself and probably does more damage than good to your health.

- Schwartz, Bob

Dieters -- People that are thick and tired of it

- Unknown, Source

Nothing arouses more hope than the first four hours of a diet.

- Unknown, Source

To ask women to become unnaturally thin is to ask them to relinquish their sexuality.

- Wolf, Naomi





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