

《你是哪种类型的吃货？》



THE ON/OFF EATER

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Do you:

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Experiment with different weight-loss diets?

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Obsess over calories or fats?

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Start a diet with great intentions, but last only a few days or weeks?

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Go a bit crazy (eating and drinking everything you've missed) when you break the diet? Feel weak-willed (and hungry)?

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I see this pattern so often and it's a miserable place to be. You'll swing from feeling hungry or a failure and, worse, rarely achieve your diet goals.

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