

The book was found

The Best Diet Book Ever: The Zen Of Losing Weight

THE **BEST**
DIET
BOOK
EVER

**The Zen
of Losing Weight**

BY BEST-SELLING AUTHOR
DR. JOSEPH PARENT
with Nancy Parent and Ken Zeiger



Synopsis

THE BEST DIET BOOK EVER: The Zen of Losing Weight, is a ground-breaking book that offers a fresh new perspective on the weight-loss journey: the freedom to enjoy positive choices rather than the pain and sacrifice of strict diets. Easy to read and simple to apply, the tools in this book will empower you to fulfill the goals of the best diet program there is—your own. Poor decisions are what make you gain weight and good choices are what enable you to lose weight. Your brain will respond to the changes you make, and your body will, too. Instead of recipes and requirements, you'll receive time-tested techniques for being more present and mindful while cultivating good eating and exercise habits. THE BEST DIET BOOK EVER provides great information and practical strategies that will help you become the lighter, slimmer you that you long to be. Dr. Joseph Parent is a highly regarded expert in Performance Psychology working with athletes, actors, artists, and executives. He received his undergraduate degree from Cornell University and his Ph.D. from the University of Colorado. He has studied, practiced and taught Mindful Awareness since the 1970s in the lineage of the great Tibetan meditation master Venerable Chögyam Trungpa, along with his friend and fellow author Pema Chödrön. Dr. Parent is the best-selling author of ZEN GOLF: Mastering the Mental Game, with over a half-million copies in print, digital, and audio formats worldwide, as well as several other books. He is available for coaching in business, life, and sports by voice or video calls anywhere in the world. Dr. Parent is a sought-after keynote speaker at conferences, meetings, management retreats and training programs for a wide variety of businesses and associations. He offers Mindful Awareness training, corporate seminars and executive coaching, as well as sports psychology lessons. He teaches world-wide by phone, FaceTime, and Skype, and in person at the Ojai Valley Inn and Spa resort in Ojai, California, where he makes his home with his wife, Megan.

Book Information

File Size: 4795 KB

Print Length: 175 pages

Page Numbers Source ISBN: 0972846921

Publisher: Zen Arts Press; 1 edition (January 3, 2016)

Publication Date: January 3, 2016

Sold by: Amazon Digital Services LLC

Language: English

ASIN: B01A5296RU

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #471,804 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #30

in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diets & Weight Loss > Diets >

Weight Watchers #121 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight

Watchers #402 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Personal Health > Men's Health

Customer Reviews

Having been on EVERY DIET ever, I weigh in as an expert on seesaw dieting. First thing that resonated with me was the suggestion to approach dieting in a positive (instead of punitive) way. This may sound simple, but for me, it was life-changing. That is the "magic" of Zen. More memorable tips that helped me were the "Three Too's" and the "Three S's". (Eating TOO Much, TOO Fast, TOO Long; Change by Smaller Portions, Slower Eating, Stop Eating Sooner!) This book does not tell you what to eat, but HOW to change your unhealthy habits bit by bit. In one month, I have lost over five pounds and lots of inches. Sure, I have done this before, but I am much HAPPIER this time. I would like to shrink this book down into a "wallet card" to keep with me at all times. I am a "senior," and the Zen approach encourages me to embrace my age, weaknesses and abilities -- and succeed by being myself. It may be the last diet book you will ever need.

Too much "zen." But with that said, there's a lot of common sense in the book. It is not a diet, but a guidebook to keep you on your diet. The best part deals with the Three Too's and the Three S's. Also good is how to deal with the "BLAST" zone -- Bored, Lonely, Angry, Stressed, Tired -- that we many times medicate with food.

Awesome book - helps in being mindful of the foods you eat and how they make you feel. It doesn't tell you what to eat - thank God - that never works. It helped me to lose the anxiety about what I eat and center on health choices best for me. Highly recommended!

Wise and kind, Dr. Joe gives smart, doable advice for dieters. Really loved the Ninja Method, too. Recommend to all new and not-so-new dieters.

Good read

Really good book, well written

I really hate dieting; but I LOVE mindfulness! This book is FINALLY a book about the mental and emotional aspect to eating. It is not so much about dieting as it is about attitude and perspective, not deprivation and restrictions. The idea that I can eat whatever I want as long as I pay attention to my body and my mind. Learning to adopt a new perspective and developing a "richness mentality" are much more important than more rules about what I can and can't do! Thank you Dr. Joe!

This is a clear, concise, creative, and inspiring approach to dieting. With this book, you actually get a dieting "coach," in addition to really good insights about how to change your relationship to food and exercise, as well as a fresh, new perspective on dieting overall. In addition, there's an amazing technique for how to break unwanted habits. And it works if you do it! I'm definitely a fan!

[Download to continue reading...](#)

ZEN: Everything You Need to Know About Forming Zen Habits – A Practical Guide to Find Inner Peace, Practice Mindfulness & Learn Zen Meditation (Zen Buddhism, Zen Mastery, Zen for Beginners) Ketogenic Diet: Ketogenic Diet Mistakes to Avoid for Rapid Weight Loss (Ketogenic Diet for Weight Loss, Ketogenic Diet for Beginners, Diabetes Diet, Paleo Diet, Anti Inflammatory Diet, Low Carb Diet) Zen Buddhism: How Zen Buddhism Can Create A Life of Peace, Happiness and Inspiration (Zen Buddhism for Beginners, Zen, Zen Books) Zen: Beginner's Guide to Understanding & Practicing Zen Meditation to Become Present (Zen for Beginners, Zen Meditation, Zen Habits, Meditation for Beginners) Weight Watchers Cookbook: 14 Days Diet for Weight Loss and Healthy Habits: (Weight Watchers Cookbook, 14 Days Diet, Weight Watchers Recipes, Weight Watchers 2015, Weight Watchers Diet) DASH DIET: The Dash Diet Simple Solution To Weight Loss - Includes Over 50 Dash Diet Recipes To Maximize The Weight Loss Process (Dash Diet, Dash Diet ... cookbook, Dash Diet weight loss Book 1) PALEO: Paleo Diet For Rapid Weight Loss: Lose Up To 30 lbs. In 30 Days (Paleo diet, Paleo diet for weight loss, Paleo diet for beginners, Diabetes diet, Ketogenic diet, Anti inflammatory diet) Ketogenic Diet: The Best Diet For Rapid Weight Loss: Over 21 Recipes & Meal Plans Included (Ketogenic Diet, Seizure Diet, Anti Inflammatory Diet, High ...

Diet, Epilepsy Diet, Paleo, Ketosis Foods) The Best Diet Book Ever: The Zen of Losing Weight
South Beach Diet: The South Beach Diet Beginners Guide to Losing Weight and Feeling Great!
(south beach diet, south beach diet beginners guide, south beach diet recipes) HCG Diet: HCG Diet
For Beginners Ã¢â¬â The Simple Science Of Losing Weight Ã¢â¬â HCG Diet Recipes
Ã¢â¬â HCG Diet Cookbook Ã¢â¬â HCG Diet Plan Weight Loss Plan For Women: Weight
Maintenance Diet, Gluten Free Diet, Wheat Free Diet, Heart Healthy Diet, Whole Foods
Diet,Antioxidants & ... - weight loss meal plans) (Volume 73) Paleo Diet: Paleo Diet For Beginners,
Lose Weight And Get Healthy (Paleo Diet Cookbook, Paleo Diet Recipes, Paleo Diet For Weight
Loss, Paleo Diet For Beginners) Dukan Diet: The Truth About The Dukan Diet - All You Need To
Know About The Dukan Diet For Effective Weight Loss And Fat Burn (Diet For Weight Loss, Low
Carb Diet, Diet Recipes) Paleo Diet for Beginners: The Ultimate Paleo Diet Guide for Weight Loss
(Paleo Diet Cookbook, Paleo Diet Recipes, Paleo Diet for Beginners, Rapid Weight Loss, Paleo Diet
Meal Plan, Burn Fat) Ketogenic Diet: Ketogenic Diet Mistakes You Need To Know ****BONUS**** 30
Day Accelerated Fat Loss Meal Plan! (ketogenic diet, ketogenic diet for weight loss, ... diet, paleo
diet, anti inflammatory diet) HCG Diet: HCG Diet Plan: HCG Diet Cookbook with 50 + HCG Diet
Recipes and Videos - HCG Diet for Beginners: HCG Diet Plan - Follow HCG Diet Plan (HCG ...
HCG Diet for Beginners, HCG Phase 3) Zen: Zen For Beginners Ã¢â¬â The Ultimate Guide To
Incorporating Zen Into Your Life Ã¢â¬â A Zen Buddhism Approach To Happiness And Inner
Peace Zen: How to Practice Zen Everywhere in Your Daily Life (FREE Bonus Inside) (Zen
Meditation, Zen for Beginners, Buddhism) Zen Flesh Zen Bones: A Collection of Zen and Pre-Zen
Writings

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)