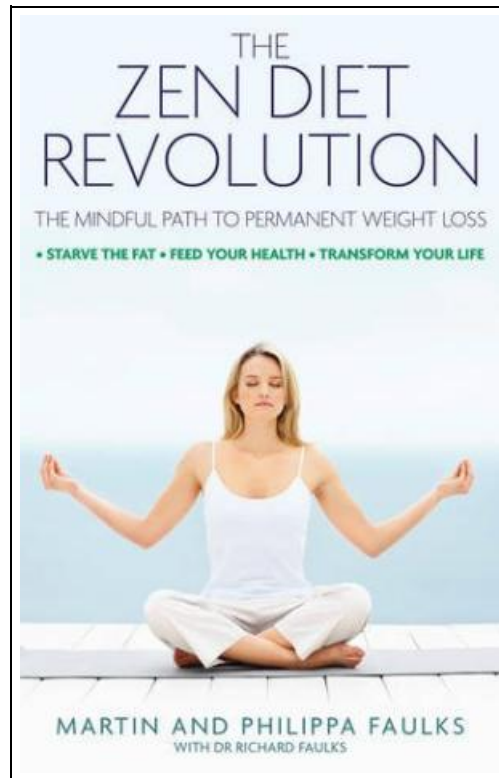


## The Zen Diet



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### ***Reviews***

*It becomes an awesome publication that I actually have actually read. It really is written in simple terms and not difficult to understand. Once you begin to read the book, it is extremely difficult to leave it before concluding.*  
*(Talia Cormier)*

## THE ZEN DIET



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Watkins Media, United Kingdom, 2013. Paperback. Book Condition: New. 197 x 125 mm. Language: English . Brand New Book. The problem with all fad diets like the Cabbage Soup Diet, Atkins Diet, Maple Syrup Diet and many, many others is that they don t encourage a permanent change. In fact they introduce a change that it would be extremely unhealthy to maintain for the long term. Anyone who has tried one of these approaches for any length of time will know that these diets bring nothing but low blood sugar, bad moods, hunger cravings and disruption to digestive function and to life patterns. All the focus is on the initial loss of weight and then the dieter goes back to their normal eating habits without solving the issues that caused the problems in the first place. With the Zen Diet it is different, since the focus is on the small but permanent changes that you will continue for life. Each change is a positive evolution in behaviour, that brings vitality, harmony and well-being. No big dramatic change, just small, positive ones. The Zen Diet is the first diet to offer a long-term solution based on Kaizen and other harmonious spiritual principles from Japan. This is the first diet, also, to work in harmony with how your body burns fat. You make subtle adjustments to how you eat so that the nutrients feed your body while starving your fat stores. All the changes in the Zen Diet work synergistically to transform your physical health, lifestyle and mental outlook, profoundly altering your view of your self and your interaction with food. The Zen Diet will teach you the art of renewal and the secrets of effortless attitude adjustment. Learn the art of making new habits and permanent positive changes.



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