



The Zen of Eating: Ancient Answers to Modern Weight Problems

By Ronna Kabatznick

Penguin Putnam Inc, United States, 2001. Paperback. Book Condition: New. 198 x 130 mm. Language: English . Brand New Book. When it comes to weight loss, the emphasis today is shifting away from fad diets and compulsive workouts toward sane, sensible techniques that incorporate both the mind and the body. This is the first book to apply the 2,500-year-old principles of Zen Buddhism to the modern struggle with the vicious cycle of dieting, losing, and regaining weight. From a Buddhist perspective, overeating is a disorder of desire. This book will teach readers how to find freedom from eating problems and the tyranny of desire that triggers them. Filled with concrete, practical exercises and the wisdom of the ages, The Zen of Eating provides, at last, an alternative to ineffective diet programs, products, and pills.



[READ ONLINE](#)
[2.17 MB]

DOWNLOAD



Reviews

Basically no words to describe. It is filled with knowledge and wisdom I am just pleased to let you know that this is actually the greatest publication i have read within my individual lifestyle and may be he best publication for at any time.

-- Prof. Ron Gaylord II

This pdf is worth buying. It is actually written in basic words and not confusing. Its been printed in an remarkably basic way in fact it is merely following i finished reading this publication through which really altered me, affect the way i really believe.

-- Dr. Linwood Lehner IV