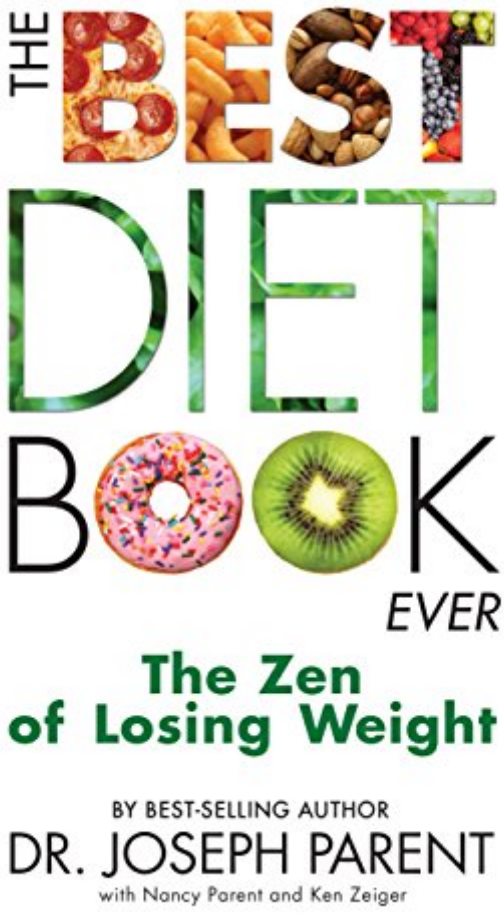
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# The Best Diet Book Ever: The Zen Of Losing Weight




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## 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 isÃ¢â ¬â •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, youÃ¢â ¬â„¢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 1970Ã¢â ¬â„¢s in the lineage of the great Tibetan meditation master Venerable ChÃƒÂ¶gyam Trungpa, along with his friend and fellow author Pema ChÃƒÂ¶drÃƒÂ¶n. 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

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## 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!

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