



The Zen Diet

By Martin Faulks, Philippa Faulks, Richard Faulks

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...



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