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# 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 isâ™ 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, youâ™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 1970â™s in the lineage of the great Tibetan meditation master Venerable ChÃ¶gyam Trungpa, along with his friend and fellow author Pema ChÃ¶drÃ¶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.

This is the first approach to dieting that worked for me (after many tries). My doctor even told me that at my stage of life I had no chance of losing weight. Not true! Dropped the first 10 pounds pretty quickly, the next 10 more gradually, and they've stayed off. I resented other diets telling me what I could or couldn't eat. This book just helped me change my eating habits and attitudes. It has also made me feel way better about myself!

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!

This book is not about what to eat, how much to eat or the need to deprive yourself of anything. No, this book is about making yourself aware of what you are doing, why you're doing it and how to change your habits and deal with impulses.. The concept of "mindful awareness" puts you in conversation with yourself and let's you make really positive decisions. I have tried a bunch of diets over the years, but each time, I felt I was in a battle with myself. Now, I am talking to myself, understand what and why I am doing things and never feel guilty. This really is "The Best Diet Book Ever" because it has little or nothing to do with dieting.

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