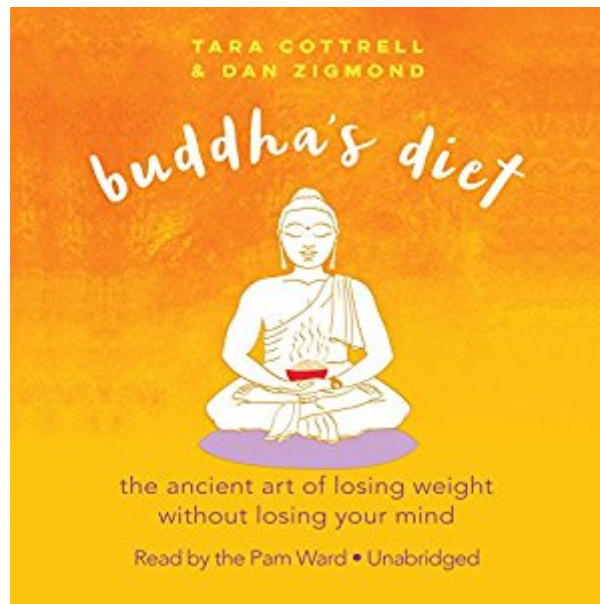


The book was found

Buddha's Diet: The Ancient Art Of Losing Weight Without Losing Your Mind



Synopsis

There's a lot you probably don't know about the Buddha. For one, the real Buddha was thin. And before he became the "Enlightened One", he was a pampered prince named Siddhartha. He tried starving himself in his quest for inner peace, but found that extremes brought him no closer to enlightenment. Instead, he sought a "middle way" between unhealthy overindulgence and unrealistic abstinence. The instructions he gave his monks about eating, more than 2,500 years ago, were surprisingly simple. Fast forward to today. Cutting-edge scientific research tells us something Buddha knew all along: it's not what you eat, but when you eat that's most important. You don't need to follow the latest fads or give up your favorite foods. You just need to remember a few guidelines that Buddha provided - guidelines that, believe it or not, will help you lose weight, feel better, and stop obsessing about food. Sure, Buddha lived before the age of cronuts, but his wisdom and teachings endure, providing us with a sane, mindful approach to eating. With chapters that ponder questions like "What would Buddha drink?" and "Did Buddha do Crossfit?", Buddha's Diet offers both an attainable and sustainable strategy for achieving weight-loss nirvana.

Book Information

Audible Audio Edition

Listening Length: 4 hours and 33 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Blackstone Audio, Inc.

Audible.com Release Date: August 29, 2016

Whispersync for Voice: Ready

Language: English

ASIN: B01L28V3BS

Best Sellers Rank: #67 in Books > Audible Audiobooks > Health, Mind & Body > Diet & Nutrition
#443 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Loss

Customer Reviews

I started Buddha's Diet with no preconceptions. Although I have a rudimentary understanding of Buddhism, I really wasn't sure what the thousand year old Buddhist philosophy would say about the hundred year old problem of obesity and weight control. Come to find out, Buddhism can be applied to a holistic approach to eating that works well in the 21st century, especially for those of us who struggle with our weight. The book cites many new eating and dieting studies but it doesn't

advocate a vegetarian diet based on any specific culinary tradition. There are no specific foods required, no grocery lists. In fact, there is nothing prescriptive or extreme at all. This approach embraces compromise, adaptability, and wholeness. The key science brought to the diet is the fact that humans are diurnal animals and that we should eat during the day. This was a real "ah-ha" for me. I have noticed feeling terrible the day after I eat late, and now I have some clear directions to avoid late night meals not just based on my experiences, but also based on a planned and researched approach to eating. It helps me make change if I know I am following the advice of Buddha. Tara Cottrell and Dan Zigmond present the plan step by step and encourage an incremental adoption that seeks a middle ground avoiding extremes or edicts that make eating a chore. Cheat days are even built in. The overarching concept seems to be to bring thoughtfulness to each meal. Instead of shoveling in breakfast at 6, snacking on and off all day, and munching popcorn at midnight, Tara and Dan advocate eating habits that require the eater to just think a little before eating. Sitting down and eating calmly seems to be a cornerstone practice of the program as well as planning so that meals are all eaten during the day.

[Download to continue reading...](#)

Buddha's Diet: The Ancient Art of Losing Weight Without Losing Your Mind
Weight Watchers: 23 Healthy Snacks To Lose Weight Fast: (Weight Watchers Simple Start ,Weight Watchers for Beginners, Simple Start Recipes) (Weight ... Simple Diet Plan With No Calorie Counting) Juicing for Weight Loss: Unlock the Power of Juicing to Lose Massive Weight, Stimulate Healing, and Feel Amazing in Your Body (Juicing, Weight Loss, Alkaline Diet, Anti-Inflammatory Diet) (Volume 1)
Weight Watchers Smoothies: 77 Weight Watchers Low Calorie Smoothie Recipes: (Weight Watchers Simple Start ,Weight Watchers for Beginners, Simple Start ... Simple Diet Plan With No Calorie Counting) Weight Watchers Diet Box Set: (3 in 1) Weight Watchers Freezer Meals, Weight Watchers Pressure Cooker & Weight Watchers Dutch Oven Recipes Alkaline Juicing: Supercharge Your Body & Mind, Speed Up Massive Weight Loss (Naturally!), and Stimulate Holistic Healing (Alkaline Diet Lifestyle, Alkaline Diet for Weight Loss) (Volume 7) Wheat Belly Diet For Beginners: Grain-Free, Wheat-Free, Gluten-Free Cookbooks and Recipes For Weight Loss Plans and Solutions Included! (Wheat Free Grain Free Gluten Free Weight Loss Diet) (Volume 1) DASH Diet for Beginners: Top DASH Diet Recipes for Weight Loss, Fat Loss and Healthy Living: Dash Diet Recipes, Book 1 How to Manage Your Home Without Losing Your Mind: Dealing with Your House's Dirty Little Secrets Yes, Your Teen is Crazy!: Loving Your Kid Without Losing Your Mind Tea Cleanse: 7 Day Tea Cleanse Diet: How to Choose Your Detox Teas, Boost Your Metabolism, Lose 10 Pounds a Week and Flush Out Toxins (Tea Cleanse, ... Belly, Tea Cleanse Diet, Weight Loss,

Detox) The Tao of Show Business: How to Pursue Your Dream Without Losing Your Mind How Would Buddha Think?: 1,501 Right-Intention Teachings for Cultivating a Peaceful Mind (The New Harbinger Following Buddha Series) A Practical Wedding Planner: A Step-by-Step Guide to Creating the Wedding You Want with the Budget You've Got (without Losing Your Mind in the Process) Math Doesn't Suck: How to Survive Middle School Math Without Losing Your Mind or Breaking a Nail Two Best Sellers Book Bundle: Weight Loss, Addiction and Detox Series! (Enhanced Edition): 'Weight Loss by Quitting Sugar and Carb!' 'Dash Diet: Heart Health, High Blood Pressure, Cholesterol' Weight Loss by Quitting Sugar and Carb - Learn How to Overcome Sugar Addiction - A Sugar Buster Super Detox Diet (Weight Loss, Addiction and Detox) Smoothies For Kids: 80+ Recipes, Whole Foods Diet, Heart Healthy Diet, Natural Foods, Blender Recipes, Detox Cleanse Juice, Smoothies for Weight ... loss - detox smoothie recipes) (Volume 40) Top 200 Mediterranean Diet Recipes: (Mediterranean Cookbook, Mediterranean Diet, Weight Loss, Healthy Recipes, Mediterranean Slow Cooking, Breakfast, Lunch, Snacks and Dinner) Ketogenic Diet for Beginners: Guide Book to Using the Ketogenic Diet for Guaranteed Weight Loss

[Dmca](#)