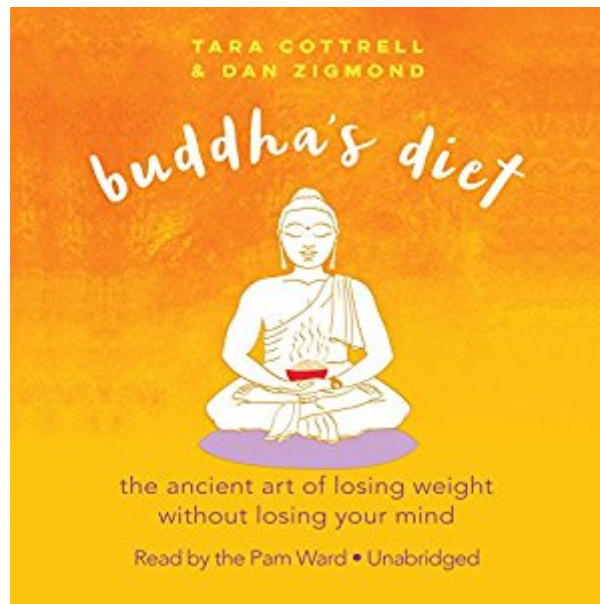


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# Buddha's Diet: The Ancient Art Of Losing Weight Without Losing Your Mind



## 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

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## 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.

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