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## THE ZEN OF EATING: ANCIENT ANSWERS TO MODERN WEIGHT PROBLEMS



Penguin Putnam Inc, United States, 2001. Paperback. Book Condition: New. 198 x 130 mm. Language: English. Brand New Book. When it comes to weight loss, the emphasis today is shifting away from fad diets and compulsive workouts toward sane, sensible techniques that incorporate both the mind and the body. This is the first book to apply the 2,500-year-old principles of Zen Buddhism to the modem struggle with the vicious cycle of dieting, losing, and regaining weight. From a Buddhist perspective,...

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- · Authored by Ronna Kabatznick
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