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# Savor: Mindful Eating, Mindful Life

National Bestselling Author of *Peace Is Every Step*  
**THICH NHAT HANH**  
**AND DR. LILIAN CHEUNG**

Read by Dan Warren

**savor**  
Mindful Eating, Mindful Life



## **Synopsis**

Common sense tells us that to lose weight, we must eat less and exercise more. But somehow we get stalled. We start on a weight-loss program with good intentions but cannot stay on track. Neither the countless fad diets, nor the annual spending of \$50 billion on weight loss helps us feel better or lose weight. Too many of us are in a cycle of shame and guilt. We spend countless hours worrying about what we ate or if we exercised enough, blaming ourselves for actions that we can't undo. We are stuck in the past and unable to live in the present - that moment in which we do have the power to make changes in our lives. With Savor, world-renowned Zen master Thich Nhat Hanh and Harvard nutritionist Dr. Lilian Cheung show us how to end our struggles with weight once and for all. Offering practical tools, including personalized goal setting, a detailed nutrition guide, and a mindful living plan, the authors help us to uncover the roots of our habits and then guide us as we transform our actions. Savor teaches us how to easily adopt the practice of mindfulness and integrate it into eating, exercise, and all facets of our daily life, so that being conscious and present becomes a core part of our being. It is the awareness of the present moment, the realization of why we do what we do, that enables us to stop feeling bad and start changing our behavior. Savor not only helps us achieve the healthy weight and well-being we seek, but it also brings to the surface the rich abundance of life available to us in every moment.

## **Book Information**

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## **Customer Reviews**

Have you ever been guilty of eating while talking on the phone, driving, walking, reading, working,

e-mailing or watching TV? If so, you have probably noticed that the sandwich, protein bar--or whatever you were eating--vanished before you even realized you had begun eating it. And this makes you want to eat more so you can relish the taste (since you didn't enjoy the first one). This mindless eating is no doubt part of the cause of our obesity epidemic. Eating should be a sacred act, not part of our multi-tasking. World famous Buddhist author Thich Nhat Hanh teams up with Harvard's Dr. Lilian Cheung in this book which is sure to make you stop and think about your eating habits. The title says it all: *Savor, Mindful Eating, Mindful Life*. Part One is "A Buddhist Perspective on Weight Control." In the first chapter we are presented with "The Four Noble Truths of Healthy Weight:" that being overweight or obese is suffering; that you can identify the roots of your weight problem (and here we are given numerous questions to contemplate); that reaching a healthy weight is possible; and that you can follow a mindful path to a healthy weight. "Mindfulness is a way of living that has been practiced over twenty-six hundred years by millions of people to help them transform their suffering into peace and joy," say the authors. "Applying mindfulness to your suffering with weight gives you a catalyst that you can draw on at will to change your behavior." We are asked to write a "mission statement for healthy weight and well-being." In the second chapter we are challenged with the question of "When I eat an apple, am I really enjoying eating it? Or am I so preoccupied with other thought that I miss the delights that the apple offers me?" Uh, oh.

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Mindful Eating: A Guide to Rediscovering a Healthy and Joyful Relationship with Food (Includes CD)  
Mindful Eating: A Guide to Rediscovering a Healthy and Joyful Relationship with Food  
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