



The Best Diet Book Ever: The Zen of Losing Weight

Dr. Joseph Parent, Nancy Parent, Ken Zeiger

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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 is—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, you'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 1970's in the lineage of the great Tibetan meditation master Venerable Chögyam Trungpa, along with his friend and fellow author Pema Chödrön. 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.

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