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Savor: Mindful Eating, Mindful Life

National Bestselling Author of *Peace Is Every Step*

THICH NHAT HANH
AND **DR. LILIAN CHEUNG**

savor

Mindful Eating, Mindful Life



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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.

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Customer Reviews

I'm glad I didn't pay much to read this book. It seems to be only directed toward those who are overweight, not just trying to get healthy in general. Very basic motivation techniques. Not terrible, but not great. Either way, find the program that works best for YOU.

Great book!!!! I'm a nutritionist and I think this is a "must read"

Great book. This is our second copy. Great insight on mindfulness.

Loved all the stories, I'm reminded of a time when we expressed our history through stories. Those stories forever make a point, and give us enjoyment along the way!

Another good book on mindfulness to keep the important things in mind like our relationships with life simple, honest and truthful at all times.

sensible and holistic view on mindful eating and positive life style practices, very good teachings.

Excellent product and speedy shipping! Thank you!

Savor is not only an excellent read for those struggling with their weight or unhealthy eating habits but also for those of us who think we are already on track. Given the current food environment that often promotes too much of all the wrong foods, we can all benefit from increasing our level of mindfulness about the food choices we make. This benefits not only our personal health but the health of our planet--two important goals with surprisingly overlapping solutions. There are many misconceptions about what constitutes a healthy diet, and Dr. Lilian Cheung clearly and elegantly defines healthy based on trustworthy and up-to-date science. In addition to being a wonderful resource on how and what to eat, Savor offers very practical ways to do everything in life mindfully, even if one is constantly busy and on the go. Dr. Cheung modernizes meditation exercises by presenting ways we can be mindful even while rushing or multitasking at work or at school. I found

the Internet/E-mail Meditation, Brisk-Walking Meditation, and Light-Switch Meditation in Chapter 7 particularly useful. I am working on my second degree in nutrition and I have practiced meditation, yet I was so struck by how Savor made me realize that I had slipped into a hamster wheel mode. Reading Savor... and really savoring every word... was like hitting a reset button. It was a much needed reminder of how increasing mindfulness can increase happiness. I will keep it by my bedside for whenever I need a mindfulness reminder.

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