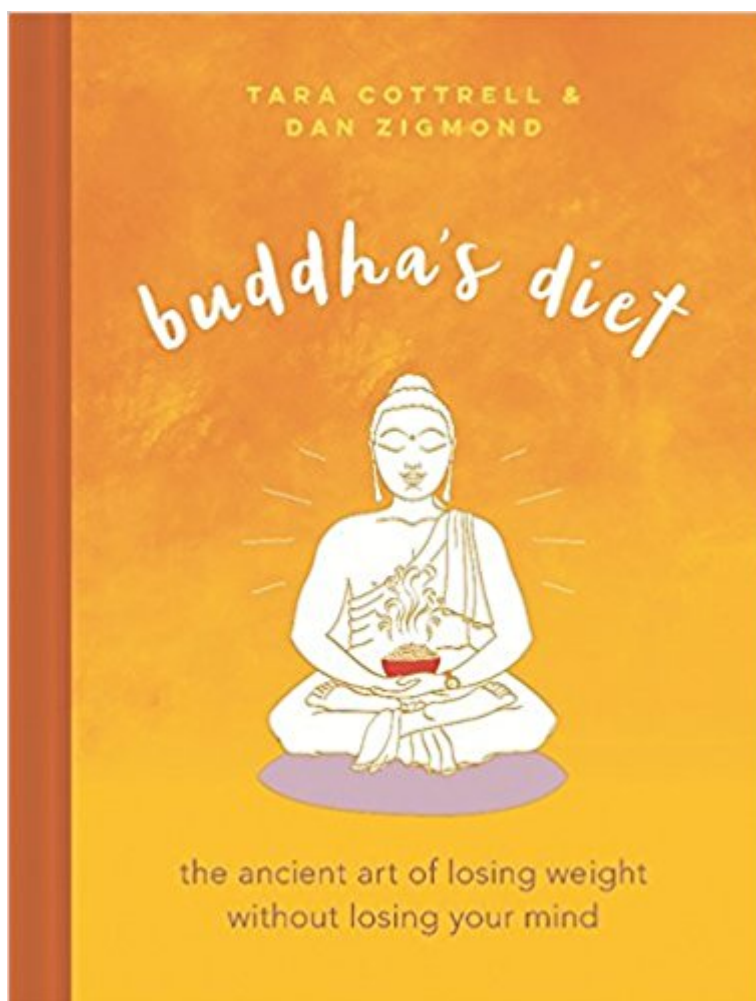


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Buddha's Diet: The Ancient Art Of Losing Weight Without Losing Your Mind



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 dieting once and didn't like it any more than you do. 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, and modern science confirms what Buddha knew all along. It's not what you eat that's important, but when you eat. You don't need to follow the latest fads or give up your favorite foods. You just have 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 doughnuts and French fries, but his wisdom and teachings endure, providing us with a sane, mindful approach to achieving optimum health.

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Customer Reviews

'A science-based, spiritually inspired, time-tested guide to weight loss.

Fascinating! Kim Barnouin, co-author of the #1 New York Times Bestseller, *Skinny Bitch*; Combining scientific data and ancient wisdom, this skillfully written book makes a compelling case: Buddha's instructions to monks on time-restricted eating make sense -- even for lay people like us. If you eat, you should read this book. Chade-Meng Tan,

bestselling author of *Search Inside Yourself*; Scientists have known for years that time-restricted diets protect against obesity and other metabolic diseases. Buddha's Diet brings these findings to the world. — Dr. Satchidananda Panda of the Salk Institute for Biological Sciences, one of the world's leading experts on time-restricted diets

TARA COTTRELL is a writer, digital strategist, and mom. She consults and writes for lifestyle and wellness brands in Silicon Valley and is a well-being advocate for at-risk and foster youth. She is currently the web content manager at Stanford University's Graduate School of Business. When she's not working, writing, or parenting, she's shoe shopping. She lives in Menlo Park, CA. DAN ZIGMOND is a writer, data scientist, and Zen priest. He advises startups and venture capital firms about data and health. He is a contributing editor at *Tricycle*, the largest Buddhist magazine in North America, and teaches at Jikoji Zen Center, a small Buddhist temple in the Santa Cruz mountains. In May 2015, he was named one of *20 Business Geniuses You Need to Know* by *Wired Magazine*, as he frequently reminds his kids. He lives in Menlo Park, too.

This is the very best weight loss plan I've tried, having experienced a painless loss of 2 lb in the first week and a half. It's not that the ideas are radical. I already knew the maxim "finish dinner 4 hours before going to bed", but this book explains the 'why' of it working. I wouldn't be surprised if the French paradox (people eating decadent meals yet staying slim) boils down to not going to sleep right after dinner and having a small breakfast mid-morning. It's a lot easier to eat this way than to maintain the 5-2 fasting advocated by some authors in recent years. Also, this book advocates that people decide what they want to eat and how much they want to exercise. And yet...because I need to eat dinner earlier than I used to, I snack less. Two glasses of wine a week seem more than generous; I now drink herb tea after dinner. Besides, there's one cheat day allowed every week (hello, dinner party!) After following the Buddha Diet, I'm sleeping better, exercising regularly, and bringing the wisdom contained in this book to more aspects of my lifestyle. I cannot recommend this book highly enough.

Disclaimer: I am a coworker of Dan Zigmond, and I knew Dan from work. But I aim to have an unbiased review of Dan's book. I am a 36 years old male, and my BMI had been around 33 (obesity) for the past 10 years. About 1.5 years ago, my doctor flagged that I need to control my weight (220 lb at that time) otherwise, he worried about my health risk related to obesity based on blood tests. I started to control my diet and exercise regularly, and in 6 months, I lost 30

lbs to 190lb. However, as Dan said in his book, losing weight is not hard, but maintaining lower weight is challenging. Towards the end of my 6 months effort, the journey of weight-loss was becoming more and more challenging, and I finally found myself more and more excuses and fell back to my "normal" life. In the next few months, I gain back 10 lbs and I started to notice my pants getting tighter, and I no longer felt I need to weigh my self as often, sounds familiar? This pattern was familiar to me, since I have done this twice. In my freshman year, I lost 50 lbs+, and before my wedding, I lost 40 lbs. But in both cases, I gained everything back, and probably put on a little more than what I lost. I knew where I was going when I got back 10 lbs this time, and but it was mentally hard to restart the effort. In one of my casual chat with Dan during work, he mentioned his book (yes, this one) about intermittent fasting (IF), and this idea immediately resonated with me, because I realized that in the two weight-loss cases mentioned above, I unconsciously did IF. In my freshman year, I was on a busy schedule so I didn't usually eat anything other than 3 meals (so roughly 15 hours fasting every day). Before my wedding, I was eating a big breakfast everyday, but that was the only meal I ate (so 23 hours of fasting per day). In both cases, I didn't try to control what I ate, but I unknowingly restricted food intake outside regular meal time. I had never thought about dieting from the angle of eating time, until Dan pointed out that way. I decided to give it another try, and I started immediately by buying and reading Dan's book as the first step. I decided to drop dinner and restrict my eating (of any food) to 9AM - 1PM, a 4hr window. I know this sounds crazy, but believe it or not, it was not that hard. The first two days were horrible, and I felt so hungry in the evenings that I must go bed early. From the 3rd day, I didn't feel as bad, and within a week, I totally adjusted to this new schedule and no longer felt hungry at all in evenings. I didn't restrict what I ate for breakfast and dinner, and I just tried to not over-eat. We have plenty of free food at work (that is Facebook!), so I usually take my plate to my desk rather than eating in cafe (this prevents me from re-grabbing food esp. dessert). The portion of my meals are as before, and I still eat things like fries and pizza. I try to be more active when I can, but not excessive exercise. Now it has been 3 months, and I lose another 20 lbs. I want to lose another 10, so my BMI will step into the normal range (

Has really helped my life! The eating schedule of staying within a certain amount of time works for me as I did not realize how many times a day I reached for food. Eating 3 meals. 2 snacks and no food after 6:30 P.M. has put my life on an eating schedule that works for me. Also limiting sugars has taken away the cravings. As a practicing Buddhist, I used his teachings as well for

encouragement!

An excellent Book. An intelligent and easy read. You will lose weight, change your habits, and learn much about your own self defeating habits. You will learn much also about healthy eating. There is nothing else on the market that comes close to it.

If you're tired of the typical diets that proscribe specific foods to eat or not eat, and diets that require intense physical activity (exercise), then this is the book for you. Well written, easy to understand, and no proselytizing in a religious sense. The middle way, the easy changes to make in your life to improve your health and well being. I found the eating pattern relatively easy, the mindfulness a little more challenging. This is a perfect book to read and implement with a friend or two. I highly recommend it.

This book is really good. I read a lot of diet books as well as books about buddhism. I thoroughly enjoyed this book. It was very easy to read without being condescending or simplistic. The guidelines for the eating strategy were clearly defined and bolstered by scientific facts. One does not have to be buddhist or have buddhist leanings to find this book useful as well as an enjoyable read. I have incorporated the eating strategy outlined in this book and it really works for me. I feel healthy, have energy, and am maintaining my weight rather effortlessly.

This is truly amazing. I've tried everything and just been frustrated. This book literally gave me my life back after a lot of weight gaining health problems. If you had 100 stars I would pick star no. 100. Truly an amazing book.

As a beginning practitioner of Buddhism, I. was looking for a compatible way to loose weight, and this is an approach that makes sense. Of course the rest is up to me, and I expect to read this book several times until I can internalize it. No magic bullets here but a path to make friends with food in moderation.

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