



The Best Diet Book Ever: The Zen of Losing Weight

By Dr. Joseph Parent, Nancy Parent, Ken Zeiger

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The Best Diet Book Ever: The Zen of Losing Weight By Dr. Joseph Parent, Nancy Parent, Ken Zeiger

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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Bibliography

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Editorial Review

Review

Let me sing the praises of Dr. Joe's book--an important and timely work in light of our national weight crisis. This really is the best diet book ever! Get it and you won't regret it! ~*Michael Bolton, multiple Grammy Award--winning singer and songwriter.*

Losing 65 pounds gave me the confidence to succeed. I've kept the weight off and kept winning tournaments. Dr. Parent is a master teacher of mindfulness, and this book will help you to lose weight, feel more confident, and achieve your goals. ~*Cristie Kerr, U.S. Open and LPGA Champion, #1 in Rolex World Ranking of Women's Golf*

Dr. Joe offers an easy-to-read, no-nonsense approach that opens us up to enjoy our food...and our lives. Great information and practical strategies--I highly recommend it! ~*Susan Piergeorge, MS, RDN, author of Boomer Be Well!, Nutritional Expert*

THE BEST DIET BOOK EVER is the ultimate solution to the dieting dilemma. How do you lose weight and keep it off? Dr. Joe has the secret! ~*Rick Dees, Weekly Top 40 Radio & TV personality*

About the Author

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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Gina Dana:

Why don't make it to become your habit? Right now, try to ready your time to do the important act, like looking for your favorite book and reading a publication. Beside you can solve your condition; you can add your knowledge by the publication entitled *The Best Diet Book Ever: The Zen of Losing Weight*. Try to the actual book *The Best Diet Book Ever: The Zen of Losing Weight* as your good friend. It means that it can for being your friend when you sense alone and beside regarding course make you smarter than previously.

Yeah, it is very fortunate to suit your needs. The book makes you more confident because you can know every little thing by the book. So, let us make new experience along with knowledge with this book.

Janice Arias:

The book *The Best Diet Book Ever: The Zen of Losing Weight* will bring you to definitely the new experience of reading a book. The author's style to elucidate the idea is very unique. In case you try to find new book to study, this book is very appropriate to you. The book *The Best Diet Book Ever: The Zen of Losing Weight* is much recommended to you to see. You can also get the e-book in the official web site, so you can more easily read the book.

Lidia Mejia:

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Cheryl Reese:

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