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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 Woren

## 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

Audible Audio Edition

Listening Length: 8 hours and 10 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: HarperAudio

Audible.com Release Date: January 14, 2015

Whispersync for Voice: Ready

Language: English

ASIN: B00R3DF6OC

Best Sellers Rank: #45 in Books > Audible Audiobooks > Religion & Spirituality > Buddhism & Eastern Religions #52 in Books > Audible Audiobooks > Health, Mind & Body > Diet & Nutrition #59 in Books > Audible Audiobooks > Health, Mind & Body > Health

## Customer Reviews

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



with America's Best Bakers Sip and Savor: Drinks for Party and Porch Fondue: Great Food To Dip,  
Dunk, Savor, And Swirl Fresh Made Simple: A Naturally Delicious Way to Eat: Look, Cook, and  
Savor

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