

Savor: Mindful Eating, Mindful Life

By Thich Nhat Hanh, Lilian Cheung

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End Your Struggle with Weight.
Your Path Begins Here.

With the scientific expertise of Dr. Lilian Cheung in nutrition and Thich Nhat Hanh's experience in teaching mindfulness the world over, *Savor* not only helps us achieve the healthy weight and well-being we seek, but also brings to the surface the rich abundance of life available to us in every moment.

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Savor: Mindful Eating, Mindful Life By Thich Nhat Hanh, Lilian Cheung Bibliography

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Editorial Review

From Publishers Weekly
If Vietnamese Zen Buddhist master Nhat Hanh says the same thing over and over, it could be because not enough people have heard him, and those who have need a reminder. He speaks to both groups in this work, coauthored by Harvard nutritionist Cheung, urging mindfulness about what people put in their mouths. It's a diet book and a meditation book, an unusual hybrid that makes sense for Nhat Hanh because it applies his essential wisdom: pay attention; breathe. If you consistently do that, you'll eat less, and at least two-thirds of Americans surely need to follow that advice. This book adds a lot of eat-this-and-not-that rules, as well as exercise guidelines, delivering so much information the effect is a little overwhelming. But the core meditation instructions are quintessential Nhat Hanh, steely and loving. This could be the diet-and-exercise book for those who have failed using other methods and need a fresh approach. For Nhat Hanh's many fans, it is the sole wellness book they'll need to remind themselves to only pay attention.
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From Booklist
So essential to healthy eating is a healthy perspective that Zen Buddhist master and prolific author Nhat Hanh joins forces with nutritionist Cheung for a truly holistic approach. The duo pairs the latest nutritional information with the age-old Buddhist practice of mindfulness—that is, of being fully aware of all that is going on within ourselves and all that is happening around us—to draw attention to what and how we eat. Guidance is offered for recognizing what barriers—physical, psychological, cultural, and environmental—prevent us from controlling our weight, and readers are encouraged to savor food in order to fully nourish both the body and the mind. To that end, Nhat Hanh provides guided meditations on everything from eating an apple to coping with stressful situations, along with advice on selecting and preparing food, staying active, and avoiding self-criticism. Complete with a discussion of why healthy eating is also good for the environment, this is a uniquely insightful and positive program for wellness: a book of tested wisdom; practical action; and intellectual, emotional, and spiritual nutriments. --Donna Seaman

Review
“Among Buddhist leaders influential in the West, Thich Nhat Hanh ranks second only to the Dalai Lama.” (New York Times)

“Hanh and Cheung explore the convergence of nutritional science with Buddhist teaching and find complementary insights. Together, they provide approaches that help to heal both the individual and societal illness that is being manifested as an epidemic of obesity. Everyone can learn from this book.” (Walter Willett, M.D., author of Eat, Drink, and Be Healthy and Chair, Department of Nutrition Harvard School of Public Health)

“Authored by an eminent spiritual leader and a renowned nutritionist, this work infuses science into wisdom and wisdom into science. It is a practical guide to eating mindfully and points the way to attain a healthier weight and a more satisfying life.” (From the foreword by Harvey V. Fineberg, M.D., Ph.D. President, Institute of Medicine)

“Zen Buddhist monk Thich Nhat Hanh and Dr. Lilian Cheung, in Savor, have brought us a profoundly beautiful and powerful guide to mindful eating and living. Please savor it.” (David S. Ludwig, MD, PhD, Director of the Optimal Weight for Life (OWL) Program, Children's Hospital Boston and author, Ending the

Food Fight: Guide your Child to a Healthy Weight in a Fast Food/Fake Food World.)

“This is a uniquely insightful and positive program for wellness; a book of tested wisdom; practical action; and intellectual, emotional, and spiritual nutriments.” (Booklist)

“...Not your average healthy-eating guide. ‘Savor’ may have us rethinking every bite, but maybe that’s just what we need..” (Tricycle Magazine)

“In their new book, “Savor: Mindful Eating, Mindful Life,” Lilian Cheung, a nutritionist at Harvard, and Thich Nhat Hanh, a Buddhist teacher, give important advice to dieters about using Buddhist techniques of mindfulness to control overeating.” (New York Times)

“Even if you already have your weight under control, implementing the exercises in this book is bound to enhance the presence and sensuous pleasure of your eating.” (Basil & Spice)

“The book is recommended not only for those seeking practical advice on how to control excesses leading to overweight but also to anyone wishing to bring balance into his or her everyday life.” (New Age Retailer)

“Together, Cheung and Hanh offer a primer on psychological and spiritual health, as well as a practical nutritional guide to healthier eating.” (Harvard Magazine)

Users Review

From reader reviews:

Peter White:

Inside other case, little persons like to read book Savor: Mindful Eating, Mindful Life. You can choose the best book if you appreciate reading a book. Providing we know about how is important a new book Savor: Mindful Eating, Mindful Life. You can add know-how and of course you can around the world by the book. Absolutely right, since from book you can know everything! From your country until eventually foreign or abroad you will end up known. About simple matter until wonderful thing it is possible to know that. In this era, we can easily open a book or maybe searching by internet gadget. It is called e-book. You may use it when you feel bored to go to the library. Let's go through.

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Gavin Wilkins:

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