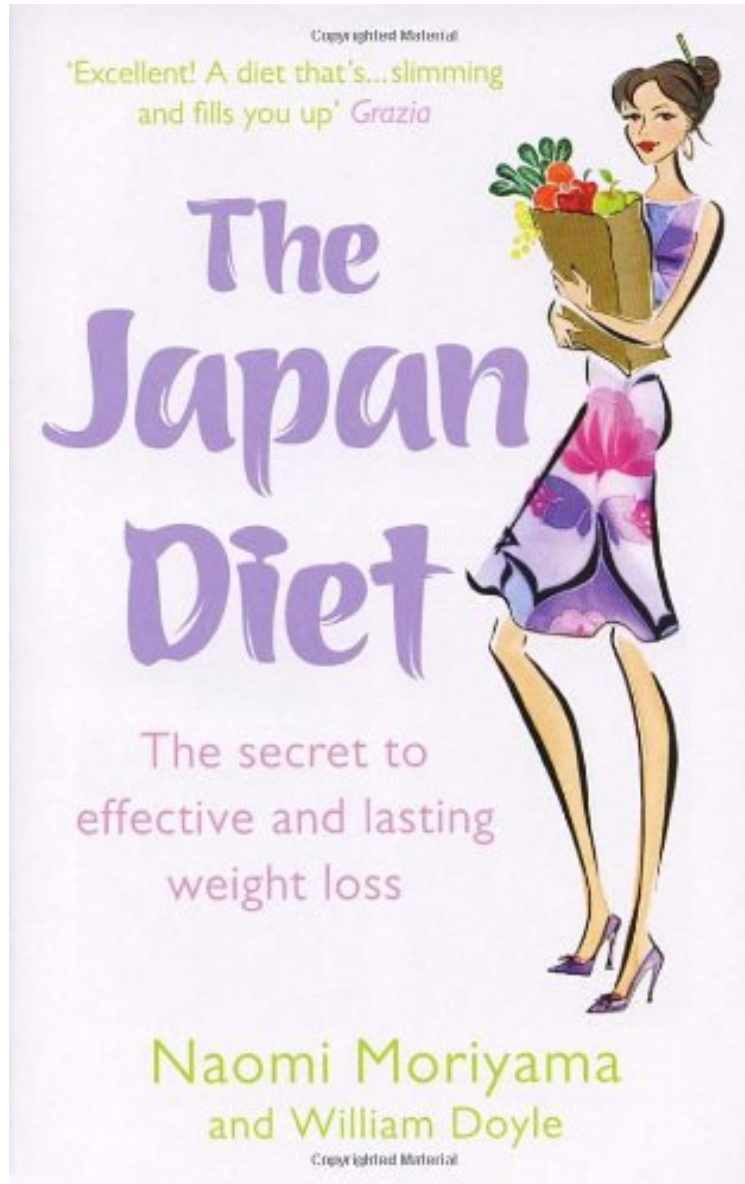


(Download pdf) The Japan Diet: 30 Days to a Slimmer You

The Japan Diet: 30 Days to a Slimmer You

Naomi Moriyama

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hereBy JeanajoanThis is just basic health and diet info. Nothing wrong with it, but anyone over 30 knows this stuff already.

Raised in Tokyo, author Naomi Moriyama first travelled to the West as a college student, and promptly gained 25 pounds eating a typical Western diet. Returning home for the holidays, she found that the weight melted off as she reverted to the healthy diet of her homeland. The experience inspired her first book "Japanese Women Don't Get Old or Fat". Healthy and effective, "The Japan Diet" is based on the traditional Japanese style of eating and is filled with over 40 simple, delicious recipes: satisfying soups, fresh vegetables, delicate grilled fish; mouthwatering meals that will keep you satisfied for longer. And with a 7-day Healthy Eating Plan built on the foundations of the Japanese diet, but based on ready meals, takeaway foods and convenience items from supermarkets, this book is also ideal for those dieters without the time to cook. With clear, practical advice and handy shortcuts, this diet offers a fresh and easy approach to a healthier, slimmer lifestyle.

"The book's message is simple. I started off a cynic, but found it easy and enjoyed exploring my local Asian supermarket for new ingredients" * Olive magazine * "An interesting variation on the 'healthy eating to lose weight theme...the principles in the book match precisely with the principles of UK Dept of Health recommendations for sensible healthy eating." * Guardian * "I'd highly recommend this diet. The lifestyle changes are all sensible stuff and you are really likely to take them on board." * Guardian * "Excellent! A Diet that's anti ageing, slimming and fills you up - where do we sign up?" * Grazia on Japanese Women Don't Get Old or Fat * "Brimming with easy recipes and lifestyle tips" * Sunday Express magazine on Japanese Women Don't Get Old or Fat *About the AuthorNaomi Moriyama was born and raised in Tokyo. She attended college in Illinois and moved to New York in her twenties. She now runs her own successful marketing consulting firm, The Moriyama Group. William Doyle is an award-winning writer who has travelled extensively in Japan. William and Naomi are married and are the bestselling authors of Japanese Women Don't Get Old or Fat. For more information see: www.thejapandiet.com