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## The Tokyo Diet: Lose Weight the Japanese Way

*Yoko I. Takahashi, Bruce Cassiday*

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0 of 0 people found the following review helpful. Very useful book of advice on eatingBy Johanna WillnerExcellent advice on good eating. Healthy and slimming - portion sizes etc. There are not too many fat Japanese around. Tasty food, eat in moderation. Great book. I bought several as gifts.

The Tokyo Diet: Lose Weight the Japanese Way [Mar 01, 1985] Yoko I. Takahashi and Bruce Cassiday