

Download Savor Mindful Eating Mindful Life

Savor: Mindful Eating, Mindful Life [Thich Nhat Hanh, Lilian Cheung] on Amazon.com. *FREE* shipping on qualifying offers. 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 "The rhythm of life is becoming faster and faster, so we really don't have the same awareness and the same ability to check into ourselves." These words are from an unexpected source: a Harvard nutritionist. Dr. Lilian Cheung, with Nobel Peace Prize nominee Thich Nhat Hanh, co-wrote 'Savor: Mindful Breaking News for Women: This Simple, Daily Practice Flips 'ON' Your Body's Natural Fat-Burning Mechanism "Mindful Body" Discover the 'Mind-Body-Metabolism Makeover' That Creates a Lighter, Thinner, Happier YOU! Mindfulness means maintaining a moment-by-moment awareness of our thoughts, feelings, bodily sensations, and surrounding environment, through a gentle, nurturing lens.