



Skinny Zen (Paperback)

By Jan Holmes Frost

Createspace, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****. When walking, walk. When eating, eat. Zen proverb Think happy, think skinny, think SKINNY ZEN. Slow down, focus, take a deep, mindful breath, and learn strategies for your body's particular needs. Everyday diet books set a negative vibe when it comes to weight loss management. They even set negative goals for you! SKINNY ZEN shows you how to accentuate the positive and become in tune with your true weight loss regime. Frost's wry wit will have you forgetting the D-word (diet) as you check out the numerous website links and learn new habits. Namaste.



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