



Japanese Women Don't Get Old or Fat: Delicious Slimming and Anti-Ageing Secrets

Naomi Moriyama, William Doyle

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In Japan, people live longer than anywhere else on Earth; obesity is virtually unknown, and 40-year-old women look like they're 20. The secret: Japanese homestyle cooking, and an approach to eating that is not about self-deprivation, but about celebrating and savouring food. Raised in Tokyo and on her grandparents' mountainside farm, author Naomi Moriyama first travelled to the West as a college student, and promptly gained 25 pounds eating an American diet. Returning home for the holidays, she found that the weight melted off as she returned to the healthy, soulful food of her mother's tiny kitchen: satisfying soups, fresh vegetables, delicate grilled fish; mouthwatering meals that never left her feeling hungry. Filled with delicious healthy recipes and evocative reminiscences, this book is for all those who are tired of counting calories and carbs, and finding themselves on diets that don't work. Japanese Women Don't Get Old or Fat offers a delightfully fresh and easy approach to weight loss and promises readers a healthier, slimmer, and longer lifestyle.



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