



The Buddha Diet

Andy Matzner

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I believe that the key to healthy eating is self-love: Feeling good about yourself, respecting yourself, and treating yourself with compassion. Once you learn self-love, then a positive, healthy relationship with food will naturally develop. By accepting yourself without judgment, you'll become much less willing to make unhealthy food choices.

With self-love, your relationship with food ceases to be a chore or something you have to force yourself to do. After all, motivation powered by unhappiness and resentment toward your own body is bound to fail. This is why traditional diets don't work. The Buddha Diet solves that problem by showing you exactly how to develop that sense of self-love and acceptance.

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