



Oh, Shut Up And Eat: the 4 eating habits of eternally lean 'n happy people

By Sage Reddy

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What is the secret to eating well and living a healthy, happy life?

Answer: HABIT!

Eternally lean 'n happy people don't have more willpower; they just have good eating **habits**. They neither chase after quick weight-loss schemes nor fill their heads with useless information about food or health. Instead, they value timeless wisdom and, more importantly, turn this wisdom into simple daily habits. You can too!

>>>> Want to know the eating habits of eternally lean 'n happy people?

They are exactly **four** of them. These have to do with **when, what, how** and **how much** to eat. Incorporate these four simple (yet powerful) eating habits into your daily life, and you'll find that living lean 'n happy is easier than you think.

>>>> Healthy eating is not really about "health" at all

It's about **HAPPINESS!** Even though eternally lean 'n happy people have healthy eating habits, their primary focus is on happiness -- not health. Real happiness here & now. They recognize something that the rest of us forget: health is a product of happiness.

Wanna know:

- why some people never gain weight?
- how to eat right for *your* mind-body type?
- why it's a bad idea to eat before bed?
- why you shouldn't eat that apple after dinner?
- how your meal times influence your weight?

- why a large breakfast may be bad idea for *you*?
- how to be happier simply by changing *how* you eat?
- why your love life is a reflection of your eating habits?
- how your thoughts influence your metabolism?
- why you shouldn't combine certain foods?
- how simple it is to get your child to eat better?
- why your body needs saturated fats?
- why digestion begins even before you eat?
- the secret to mindful eating?

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Bibliography**

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Editorial Review

Review

"Absolute Gem. This book is both inspiring and fun to read. The author has packed so much good information and wisdom into these pages that you'll want to go back and read it again and again."

~ **By Emily L. (Amazon Verified Purchase)**

"What an awesome book! Funny and fun to read. The tone the book is irreverent yet respectful. He communicates bitter truths sweetened with wit. All this makes for one fascinating read."

~ **By Sarah K. (Amazon Verified Purchase)**

"With case studies and a touch of humor, this book was really fun to read and is able to help anyone lead a happy and healthier life with great food habits!"

~ **cc2015 (Amazon Verified Purchase)**

"Filled with humor?starting with the title, great facts, fun quizzes and much more, "Oh, Shut up and Eat," is a book you don't want to pass up."

~ **VMLM (Amazon Verified Purchase)**

"Entertaining yet educational and informative book about food! 'Oh, Shut Up And Eat' will challenge you to think differently about food. It's not only about what to eat, but when to eat, how much to eat, and how to eat it. This book is so in depth."

~ **Kevin J. Donaldson (Amazon Verified Purchase)**

"An enjoyable read full of Sage Wisdom. Oh Shut Up And Eat sheds light on little known food facts that make the difference between diet disaster and eating success."

~ **Graciela Sholander (Amazon Verified Purchase)**

"Eating ought to be as happy as seeing a lover-this is a notable outlook I have gotten from this book. So shut up and eat happily, passionately."

~ **Ysabelle Shaw (Amazon Verified Purchase)**

"A really fun book to read. I ranked this book as 5 stars because it soooooo worth it. I read that someone described it as 'cookbook for your mind' and I couldn't agree more."

~ **Gala (Amazon Verified Purchase)**

"Eye opener for all those who are always looking for quick and easy weight loss tricks. Eternally lean and happy people do not waste time on useless information about food. Instead, they rely on timeless wisdom and develop good eating habits."

~ **Waqas Amjad Sethi (Amazon Verified Purchase)**

"I found the book easy to read and enjoyable. It's nice to have the best advice about eating well in one place, and the four habits are simple to understand but have a depth to them."

~ **Riverside Reader (Amazon Verified Purchase)**

"Awesome book on how to eat, and what to eat to stay lean, mean and healthy. This a book all health conscious people should pick up."

~ **Mike C (Amazon Verified Purchase)**

"This book helped you understand the psychology of eating. If taken seriously it could positively change a reader's life."

~ **Alex Canton-Dutari (Amazon Verified Purchase)**

"Truly, the 4 habits will help you chew your way to happiness!"

~ **L.L.Allen (Amazon Verified Purchase)**

"Sound advice for eating right! Already incorporated this into my daily routine."

~ **Alex Smith (Amazon Verified Purchase)**

"This informative, balanced and entertaining guide to life AND food was hard to put down. This is a remarkable guide to winning the waistline war."

~ **Gregory Lloyd (Amazon Verified Purchase)**

"When I was 148, my doctor told me to eat whatever I wanted to gain. I had fast food, chips, and soda. I got back to 205 in about two months. I was just stuck in that deadly loop. If you're struggling with losing weight and depression, read this book."

~ **Kyle Robertson (Amazon Verified Purchase)**

"This book for sure will help me out with my not-so-good relationship with food. I really enjoyed the book. I loved the author's sense of humor throughout the book."

~ **Amazon Customer (Amazon Verified Purchase)**

"Reminds me of the four hour chef. This book is so spot on. People in America don't value their food. We eat cheap crap and I'm really glad this book called out the problem. Not only informative, this book's also funny and very well written."

~ **Stephan Saunders (Amazon Verified Purchase)**

"Get lean, stay lean. This book is on a whole another level. I thought I was going to find the same old information... but its pretty obvious that this book is written by an expert on the subject."

~ **Jibran Qazi (Amazon Verified Purchase)**

"This is so far one of the best books I have read on diets and emotional eating. A very nice guide to overcome emotional eating!"

~ **Blackbird II (Amazon Verified Purchase)**

"Worth my money!"

~ **Prince Kapoor (Amazon Verified Purchase)**

"Within minutes of reading this book, I had a mental break through. Wow, this powerful book is a easy read that connects what we eat to our emotions + more."

~ **Seven (Amazon Verified Purchase)**

"You know what it's like when know something's absolutely CORRECT as soon as you hear it or read it? That's what this book will do for you. It will wake you up immediately. I'm actually going through it a second

time now and making notes. Read it once for pleasure and basic information and then go back and make notes."

~ **Jack Pinion (Amazon Verified Purchase)**

About the Author

Hi, I'm Sage. I feel compelled to assist people in their journey towards wholeness. It started with my own transformation after a near-fatal injury back in 1990, an injury that pulled me out of my bumbling head and into the heart. As well, it put me in touch with my body and its timeless wisdom.

As I went about healing myself after the injury, I realized that the first thing I'd need to heal was my relationship with FOOD. My insight was: "Heal your relationship with food, and you'll heal all that ails you in life." I went to work on this, and have since confirmed this insight over and over again.

You just need a few good eating habits to end your struggles with food. I've put these habits into practice, and it has changed my life. I've since shared these principles with many, many people and they've all experienced similar results. The information and insights in this book are powerful. I hope it'll change your life, as it has so many others.

Sincerely,

~ Sage

Users Review

From reader reviews:

Betty Benner:

In this 21st one hundred year, people become competitive in each way. By being competitive at this point, people have do something to make these individuals survives, being in the middle of the actual crowded place and notice by simply surrounding. One thing that often many people have underestimated that for a while is reading. Sure, by reading a book your ability to survive boost then having chance to endure than other is high. For you personally who want to start reading a book, we give you this specific Oh, Shut Up And Eat: the 4 eating habits of eternally lean 'n happy people book as nice and daily reading publication. Why, because this book is more than just a book.

Jesus Loveless:

This Oh, Shut Up And Eat: the 4 eating habits of eternally lean 'n happy people are usually reliable for you who want to be considered a successful person, why. The reason of this Oh, Shut Up And Eat: the 4 eating habits of eternally lean 'n happy people can be on the list of great books you must have will be giving you more than just simple looking at food but feed an individual with information that might be will shock your before knowledge. This book is actually handy, you can bring it everywhere you go and whenever your conditions throughout the e-book and printed versions. Beside that this Oh, Shut Up And Eat: the 4 eating habits of eternally lean 'n happy people giving you an enormous of experience including rich vocabulary, giving you demo of critical thinking that could it useful in your day pastime. So , let's have it appreciate reading.

Moses Bean:

Many people spending their moment by playing outside together with friends, fun activity using family or just watching TV all day every day. You can have new activity to enjoy your whole day by reading through a book. Ugh, you think reading a book can really hard because you have to use the book everywhere? It ok you can have the e-book, having everywhere you want in your Touch screen phone. Like Oh, Shut Up And Eat: the 4 eating habits of eternally lean 'n happy people which is keeping the e-book version. So , why not try out this book? Let's notice.

Rebecca Farley:

A lot of people said that they feel weary when they reading a book. They are directly felt that when they get a half elements of the book. You can choose the actual book Oh, Shut Up And Eat: the 4 eating habits of eternally lean 'n happy people to make your personal reading is interesting. Your own personal skill of reading proficiency is developing when you just like reading. Try to choose very simple book to make you enjoy you just read it and mingle the idea about book and reading through especially. It is to be 1st opinion for you to like to available a book and study it. Beside that the e-book Oh, Shut Up And Eat: the 4 eating habits of eternally lean 'n happy people can to be a newly purchased friend when you're feel alone and confuse with the information must you're doing of that time.

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