



## 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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**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."*

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~ **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."*

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*"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."*

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*"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."*

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*"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."*

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*"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."*

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

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

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*"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."*

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*"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."*

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*"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."*

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*"Worth my money!"*

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*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

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**Cameron Keller:**

Do you have favorite book? For those who have, what is your favorite's book? Guide is very important thing for us to know everything in the world. Each reserve has different aim or even goal; it means that book has different type. Some people sense enjoy to spend their time to read a book. These are reading whatever they get because their hobby will be reading a book. How about the person who don't like looking at a book? Sometime, individual feel need book when they found difficult problem or even exercise. Well, probably you will require this Oh, Shut Up And Eat: the 4 eating habits of eternally lean 'n happy people.

**Gerald Kelly:**

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**Lori Gonzales:**

Spent a free the perfect time to be fun activity to accomplish! A lot of people spent their down time with their family, or their particular friends. Usually they accomplishing activity like watching television, going to beach, or picnic in the park. They actually doing same every week. Do you feel it? Will you something different to fill your own personal free time/ holiday? Might be reading a book might be option to fill your cost-free time/ holiday. The first thing that you will ask may be what kinds of publication that you should read. If you want to attempt look for book, may be the publication untitled Oh, Shut Up And Eat: the 4 eating habits of eternally lean 'n happy people can be good book to read. May be it can be best activity to you.

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