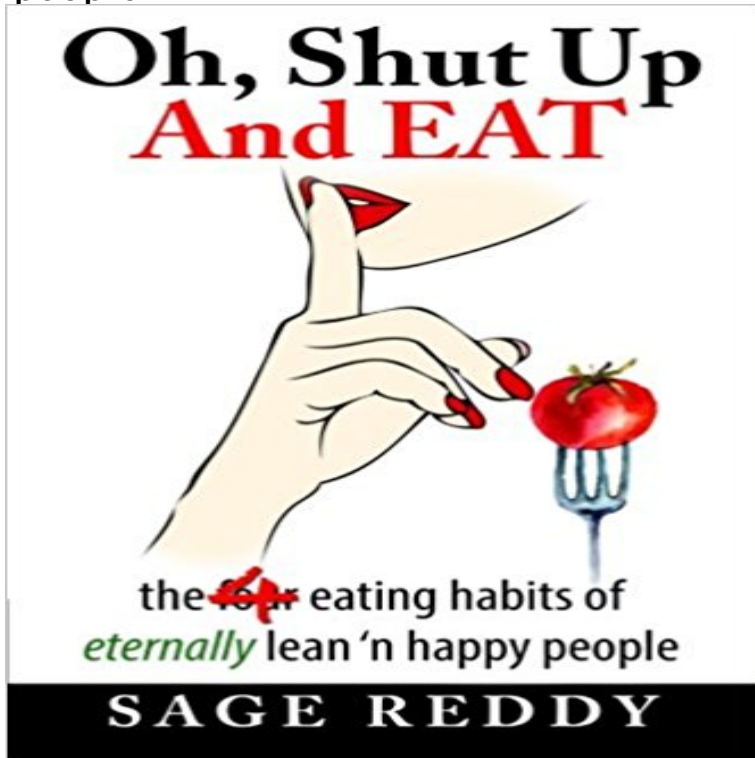


# Oh, Shut Up And Eat: the four eating habits of eternally lean n happy people



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 a 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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