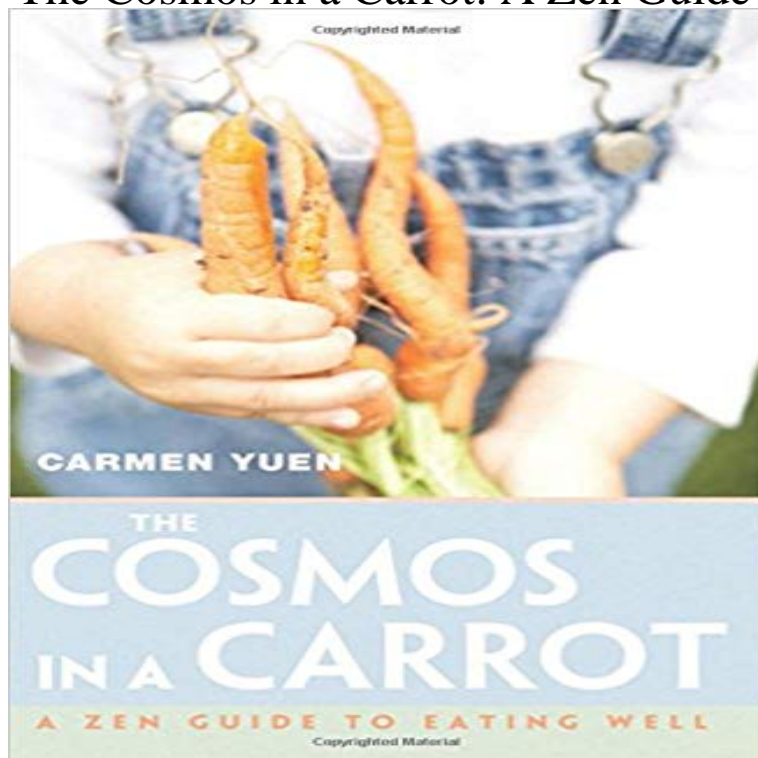


# The Cosmos in a Carrot: A Zen Guide to Eating Well



Cosmos in a Carrot distills the best of Buddhist wisdom, nutritional information, and health advice and puts it together in an accessible guide that will change the way you think about food. From the historical and spiritual background of the philosophy of eating well to the necessity of synchronizing our diet with the needs for sustainability of our planet, Cosmos in a Carrot serves as a comprehensive introduction to Buddhist thought and the whole systems thinking on mindfulness. Not limiting mindfulness to meditation practice, Cosmos in a Carrot approach is based on Engaged Buddhism, the mindfulness teachings of Zen master Thich Nhat Hanh. In 25 chapters the book presents topics such as the philosophy of mindful eating and what separates a mindful eater from just a health conscious one. Cosmos in a Carrot can be used both as weight loss program that incorporates mindfulness as well as a guidebook for a total body and mind approach to mindfulness. The appendix contains of A Mindful Grocery List as well as recipes for vegetarian meals.

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