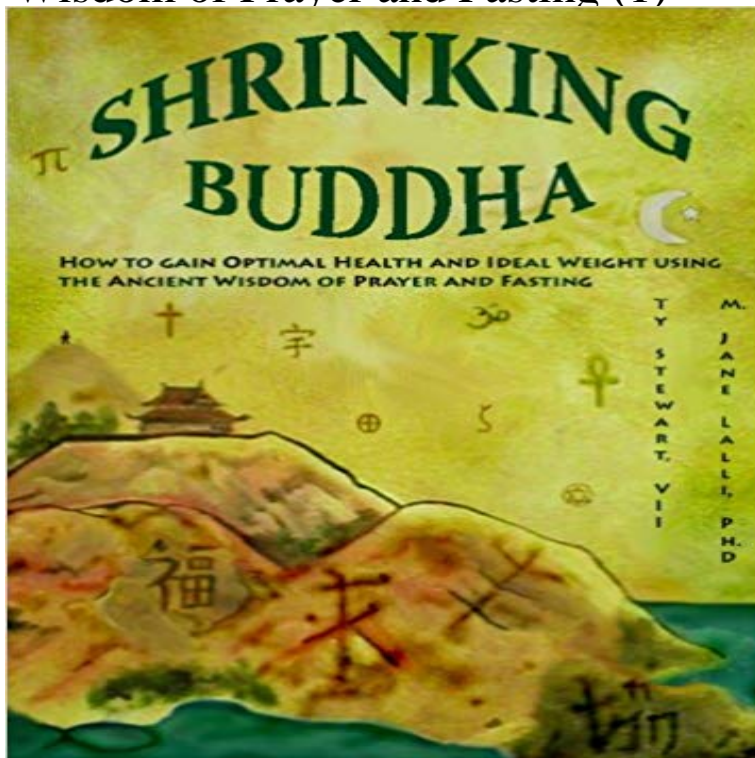


Shrinking Buddha: Optimal Health and Ideal Weight Using the Ancient Wisdom of Prayer and Fasting (1)



Shrinking Buddha is a book about gaining mastery and control over our Appetites through thoughtful prayer and easy fasting. Exploring and invoking the paths of Thoreau, Tolstoy, Plato and others, we learn how to turn our Appetites (and hunger) on and off at will. SB reflects on Yom Kippur, Ramadan, Buddha, David and Christ for a balanced view of fasting and tells the inspiring struggles of its lead author. By weaving these stories and histories together, this becomes a powerful lesson in appropriate choice.

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