



# Japanese Women Don't Get Old or Fat: Secrets of My Mother's Tokyo Kitchen

By Naomi Moriyama

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## Japanese Women Don't Get Old or Fat: Secrets of My Mother's Tokyo Kitchen By Naomi Moriyama

What if there were a land where people lived longer than anywhere else on earth, the obesity rate was the lowest in the developed world, and women in their forties still looked like they were in their twenties? Wouldn't you want to know their extraordinary secret?

Japanese-born Naomi Moriyama reveals the secret to her own high-energy, successful lifestyle—and the key to the enduring health and beauty of Japanese women—in this exciting new book. The Japanese have the pleasure of eating one of the most delicious, nutritious, and naturally satisfying cuisines in the world without denial, without guilt...and, yes, without getting fat or looking old.

As a young girl living in Tokyo, Naomi Moriyama grew up in the food utopia of the world, where fresh, simple, wholesome fare is prized as one of the greatest joys of life. She also spent much time basking in that other great center of Japanese food culture: her mother Chizuko's Tokyo kitchen. Now she brings the traditional secrets of her mother's kitchen to you in a book that embodies the perfect marriage of nature and culinary wisdom—Japanese home-style cooking.

If you think you've eaten Japanese food, you haven't tasted anything yet. Japanese home-style cooking isn't just about sushi and raw fish but good, old-fashioned everyday-Japanese-mom's cooking that's stood the test of time—and waistlines—for decades. Reflected in this unique way of cooking are the age-old traditional values of family and the abiding Japanese love of simplicity, nature, and good health. It's the kind of food that millions of Japanese women like Naomi eat every day to stay healthy, slim, and youthful while pursuing an energetic, successful, on-the-go lifestyle. Even better, it's fast, it's easy, and you can start with something as simple as introducing brown rice to your diet. You'll begin feeling the benefits that keep Japanese women among the youngest-looking in the world after your very next meal!

If you're tired of counting calories, counting carbs, and counting on being disappointed with diets that don't work and don't satisfy, it's time to discover one of the best-kept and most delicious secrets for a healthier, slimmer, and long-

living lifestyle. It's time to discover the Japanese fountain of youth....

*From the Hardcover edition.*

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## Japanese Women Don't Get Old or Fat: Secrets of My Mother's Tokyo Kitchen By Naomi Moriyama Bibliography

- Sales Rank: #68148 in Books
- Brand: Moriyama, Naomi/ Doyle, William
- Published on: 2006-12-26
- Released on: 2006-12-26

- Original language: English
- Number of items: 1
- Dimensions: 8.20" h x .76" w x 5.50" l, .77 pounds
- Binding: Paperback
- 288 pages

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### Editorial Review

#### From Publishers Weekly

It's well known that Japanese women have the lowest obesity rate in the industrialized world (3%) and the highest life expectancy (85 years), and that their cuisine is based on simplicity. Tokyo native Moriyama puts a human face on this phenomenon, that of her mother, Chizuko, in this well-organized, persuasive introduction to a non-Western everyday cooking plan. Just as Moriyama reconstructed Chizuko's cooking practices for herself and her coauthor husband, Doyle (*Inside the Oval Office*), she shows readers the elements of Chizuko's 6'×12' Tokyo kitchen. She details its pantry ingredients, including bonito (fish) flakes and daikon (radish) and tools such as a rice cooker and wok. Most recipes are based on at least one of the "seven pillars"—fish, vegetables, rice, soy, noodles, tea, fruit—and are familiar and easy to make (Shrimp and Vegetable Tempura, Teriyaki Fish, etc.). Cooking tips abound, but what adds a *French Women Don't Get Fat* angle is the useful eating advice, such as "*Hara hachi bunme*," or "Eat until you are 80 percent full." It's a call for moderation that occurs throughout other cultures, and if it's the Japanese version that speaks to readers, good for Moriyama.

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#### Review

#### "A DELICIOUS WAY TO STAY HEALTHY."—*Washington Post*

"[A] well-organized, persuasive introduction to a non-Western everyday cooking plan."—*Publishers Weekly*

"One-upping a certain French woman who boasted about staying thin, Moriyama reveals seven secrets of how Japanese women avoid adding pounds and prolong their life."—*GoodHousekeeping.com*

"Thanks to Moriyama and Doyle, readers can learn from an insider raised in Japan. . . . Even the most hesitant readers will find their passion for the wonderful taste and aroma of Japanese dishes irresistible."—*The Cleveland Plain Dealer*

#### About the Author

Naomi Moriyama was born in Tokyo. As a U.S.-Japan marketing consultant, she works with some of the world's leading fashion, luxury, and consumer brands. She lives in New York City with her husband and coauthor, William Doyle, who has written or cowritten five books.

*From the Hardcover edition.*

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#### Misty Barrientos:

Now a day people who Living in the era just where everything reachable by connect to the internet and the resources within it can be true or not call for people to be aware of each details they get. How a lot more to be smart in getting any information nowadays? Of course the answer then is reading a book. Reading

through a book can help people out of this uncertainty. Information particularly this Japanese Women Don't Get Old or Fat: Secrets of My Mother's Tokyo Kitchen book because this book offers you rich details and knowledge. Of course the knowledge in this book hundred percent guarantees there is no doubt in it you probably know this.

### **Sheilah Harvey:**

Precisely why? Because this Japanese Women Don't Get Old or Fat: Secrets of My Mother's Tokyo Kitchen is an unordinary book that the inside of the publication waiting for you to snap this but latter it will zap you with the secret the idea inside. Reading this book next to it was fantastic author who write the book in such incredible way makes the content inside easier to understand, entertaining method but still convey the meaning completely. So , it is good for you for not hesitating having this any longer or you going to regret it. This book will give you a lot of rewards than the other book have got such as help improving your talent and your critical thinking method. So , still want to delay having that book? If I were being you I will go to the e-book store hurriedly.

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