



# The Sound of One Thigh Clapping: Haiku for a Thinner You

*Meredith Clair*

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## **The Sound of One Thigh Clapping: Haiku for a Thinner You** Meredith Clair

The rigors of Ornish, reduced to seventeen syllables. Weight Watchers in three lines of enigmatic verse. The paradox of Atkins-shed pounds while wolfing down cheese, eggs, and meat-distilled to a Zen-like utterance. Or call it the path to losing oneself, in the language of finding oneself. Inspired by a weight loss guru's pithy sayings-Craving is the root of all suffering, Self-esteem = Sodium-Meredith Clair, an inveterate dieter, explores the connection between diet and haiku, each a discipline that insists on cutting out excess, stripping down to the bare essentials, and counting, be it calories or syllables. The result is The Sound of One Thigh Clapping, a collection of tiny, hilarious moments in the epic journey to reach the Land of the Thin.

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#### **Ernest Baker:**

Book is to be different for every single grade. Book for children right up until adult are different content. To be sure that book is very important for all of us. The book *The Sound of One Thigh Clapping: Haiku for a Thinner You* seemed to be making you to know about other know-how and of course you can take more information. It is very advantages for you. The guide *The Sound of One Thigh Clapping: Haiku for a Thinner You* is not only giving you considerably more new information but also being your friend when you feel bored. You can spend your own spend time to read your e-book. Try to make relationship using the book *The Sound of One Thigh Clapping: Haiku for a Thinner You*. You never truly feel lose out for everything in the event you read some books.

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#### **Vicki Head:**

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#### **Michelle Labat:**

The book untitled *The Sound of One Thigh Clapping: Haiku for a Thinner You* contain a lot of information on the idea. The writer explains her idea with easy technique. The language is very clear and understandable all the people, so do certainly not worry, you can easy to read the idea. The book was written by famous author. The author gives you in the new period of literary works. It is possible to read this book because you can read more your smart phone, or device, so you can read the book throughout anywhere and anytime. In a situation you wish to purchase the e-book, you can start their official web-site along with order it. Have a nice learn.

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