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By Martin Faulks; Philippa Faulks

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The Zen Diet Paperback. The Mindful Path to Permanent Weight Loss. Philippa Faulks. 19,49. Zen and the Art of Motorcycle Maintenance. Robert M Pirsig. <http://www.bol.com/nl/p/the-zen-diet/9200000006544769/>

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Martin Faulks is the author of Becoming a Ninja Warrior (4.60 avg rating, 5 ratings, 1 review, published 2010), Butterfly Tai Chi (4.20 avg rating, [http://www.goodreads.com/author/show/2894202.Martin\\_Faulks](http://www.goodreads.com/author/show/2894202.Martin_Faulks)

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The Zen Diet Revolution. The Mindful Path to Permanent Weight Loss. By Martin & Philippa Fa (Watkins Publishing, Paperback, 9781780283968, 256pp.) Publication Date

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