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Permanent Weight Loss By Martin Faulks; Philippa
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In The Zen Diet Revolution, Martin and Philippa Faulks talk about kaizen, the Japanese word for improvement that advocates small but permanent changes.

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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,

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Richard faulks (author of the zen diet revolution)

Richard Faulks is the author of The Zen Diet Revolution (2.60 avg rating, 5 ratings, 4 reviews, published 2012), Richard Faulks's Followers.

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