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Bestselling author and Tokyo-born Naomi Moriyama set out to discover the secrets of Japan's success. Travelling with her young son, Naomi interviewed scientists, doctors and researchers in Japan, the US and the rest of the world as well as gathering the insights of Japanese moms.

**Naomi Moriyama**

Naomi Moriyama was

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## Naomi Moriyama

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. Sign me up for news about Naomi Moriyama and more from Penguin Random House

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### **House**

3.15.2020 Ah, what a sight! Wide, open space. Shades of blue. Water and air merging. I craved to stand in...

### □□□□ **Yūgen Sōshi**

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Chief Marketing Consultant for Ralph Lauren Japan, as Director of Marketing at HBO in New York, and as Account Executive at Grey Advertising in Tokyo and New York. She grew up in Tokyo but now lives in New York City with her nine-year-old son and her husband and co-author, William Doyle.

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**(Author of Japanese Women Don't Get Old or Fat)**

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Japanese women live

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longest and have the lowest obesity rate on earth. What's their secret? Find out in JAPANESE WOMEN DON'T GET OLD OR FAT by Naomi Moriyama...

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Naomi Moriyama grew up in Japan, and later moved to Chicago and then New York. When

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she first moved to the U.S., she was surprised and even shocked by the first item she was served in the U.S. A giant glass of orange juice. How can anyone drink this, she thought.

**Japanese Women  
Don't Get Old or Fat:  
Secrets of My  
Mother ...**

Naomi Moriyama

□□□□□: My Mother's  
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3 talking about this. I help people gain life-long habits of cooking and eating delicious and healthy food patterns and...

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**👩🍳: My Mother's Tokyo Kitchen**

👩🍳👩🍳👩🍳 ...

Raised in Tokyo, author Naomi Moriyama first travelled to the West as a college student, and promptly gained 25 pounds eating a

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typical Western diet. Returning home for the holidays, she found that the weight melted off as she reverted to the healthy diet of her homeland. The experience inspired her first book "Japanese Women Don't Get Old or Fat".

**The Japan Diet: 30 Days to a Slimmer You: William Doyle**

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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. Get news about Mind, Body

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### **Japanese Women Don't Get Old or Fat by Naomi Moriyama**

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Japanese Women Don't  
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book written by Naomi  
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