



# The Asian Diet: how to eat yourself thin and save yourself rich

*Charles Tan*

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## **The Asian Diet: how to eat yourself thin and save yourself rich** Charles Tan

What can you do to spend less, save more and be happier? Why is it your moral duty to spank your kids? How are we contributing to the most pressing global issues of our generation, and how can we be part of the ultimate solution? This book is all about the cultural differences between East and West: the way we view food, money, love and life. These may appear insignificant at first, especially when viewed at the individual level, but our collective differences are what lay behind the big issues in our world today: macroeconomic imbalances, urban poverty, rising obesity rates and pension deficits, among others. The Asian Diet is intended to be a lesson in common sense and basic discipline, but it also aspires to be an exercise in moral and philosophical debate. The world has no shortage of soulless charlatans touting their half-baked strategies as the road to riches. Millions of books have been written (and sold) on topics ranging from real estate speculation, to day trading, to internet entrepreneurship; yet the only millionaires being created seem to be the authors, not the readers. The Asian approach is quite a different one. It is, in essence, a "get rich slow" scheme, espousing the virtues of self-restraint and savings. Because income alone does not equal wealth - it is the excess of income over expenditure that does - and in life, it is infinitely easier to control what you spend than what you earn. A modern day call to arms against the wretchedness of debt and decadence, The Asian Diet implores us to cease our profligate ways, to stop blaming others for our problems, to take responsibility for our own lives, and to start thinking critically about the issues we face each day.

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