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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.

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## **Naomi Moriyama**

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

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□□□□ **Yūgen Sōshi**

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Naomi has served as Chief Marketing Consultant for Ralph Lauren Japan, as Director of Marketing at HBO in New York, and as Account Executive at Grey

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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.

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



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

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anyone drink this, she thought.

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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".

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Naomi Moriyama. Monday, 17 August  
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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

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