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Rethinking Thin The New Science

Brimming with anecdote, scientific data, and common sense, Rethinking Thin offers a challenge to the conventional wisdom about diets and weight loss.

Rethinking Thin: Gina Kolata: 9780312427856: Amazon.com: Books

Rethinking Thin: The New Science of Weight Loss--And the Myths and Realities of Dieting. In this eye-opening book, "New York Times" science writer Gina Kolata shows that our society's obsession with dieting and weight loss is less about keeping trim and staying healthy than about money, power, trends, and impossible ideals. "Rethinking Thin" is...

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Rethinking Thin: The New Science of Weight Loss--and the Myths and Realities of Dieting by Gina Kolata, Paperback | Barnes & Noble®

'Rethinking Thin' and the Myths, Realities of Dieting. In Rethinking Thin, Gina Kolata, a science writer for The New York Times, examines trends in America's diet industry and some of the most basic assumptions about health, dieting and body weight. Kolata says that scientists have a much better understanding of the factors that lead to obesity than of what it takes to lose weight permanently.

'Rethinking Thin' and the Myths, Realities of Dieting : NPR

In this eye-opening book, New York Times science writer Gina Kolata shows that our society's obsession with dieting and weight loss is less about keeping trim and staying healthy than about money, power, trends, and impossible ideals. Rethinking Thin is at once an account of the place of diets in American society and a provocative critique of the weight-loss industry.

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This is shocking. But it seems less so by the end of "Rethinking Thin," a new book about obesity by Gina Kolata, a science reporter for The New York Times.

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Rethinking Thin NPR coverage of Rethinking Thin: The New Science of Weight Loss--and the Myths and Realities of Dieting by Gina Kolata. News, author interviews, critics' picks and more.

Rethinking Thin : NPR

In "Rethinking Thin: The New Science of Weight Loss—and the Myths and Realities of Dieting" (Farrar, Straus and Giroux, May 2007), The New York Times science and medicine writer Gina Kolata ...

Diets: Gina Kolata on 'Rethinking Thin' - newsweek.com

A dose of reality for would-be dieters, laced with a dash of history, science and sociology. New York Times science writer Kolata (Ultimate Fitness, 2003, etc.) followed participants in a two-year study at the University of Pennsylvania that compared the Atkins low-carbohydrate diet with the LEARN (Lifestyle, Exercise, Attitudes, Relationships, Nutrition) low-calorie diet.

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Book Summary. Rethinking Thin is at once an account of the place of diets in American society and a provocative critique of the weight-loss industry. Kolata's account of four determined dieters' progress through a study comparing the Atkins diet to a conventional low calorie one becomes a broad tale of science and society,...

Summary and reviews of Rethinking Thin by Gina Kolata

Rethinking Thin: The New Science of Weight Loss---And the Myths and Realities of Dieting (MP3 Book) Published February 5th 2008 by Tantor Media, Inc. MP3 Book, 0 pages

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