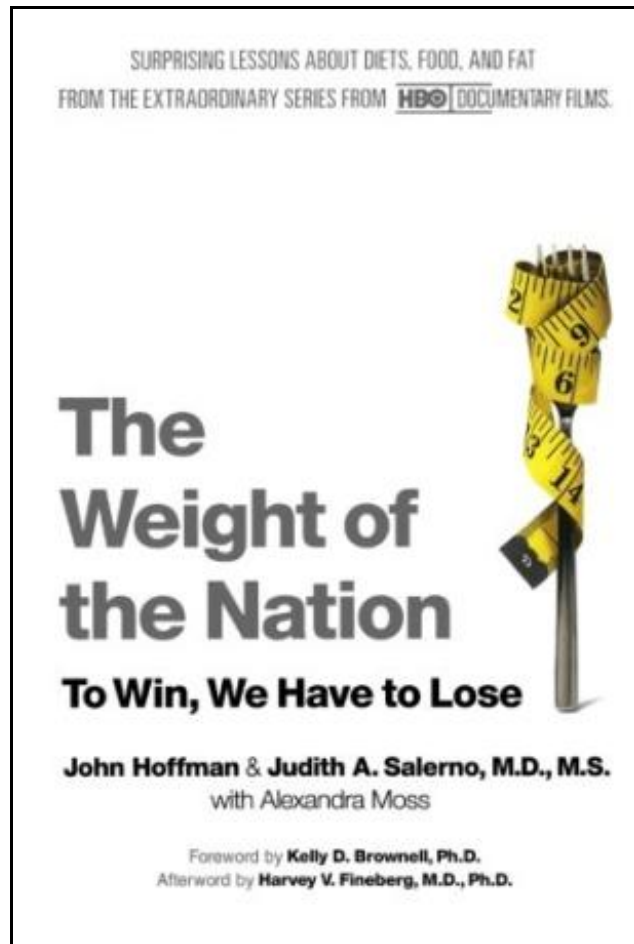


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Reviews

This publication will be worth purchasing. It really is written in simple terms instead of difficult to understand. It has been designed in an exceptionally simple way and is particularly only right after I finished reading this ebook in which basically modified me, altered the way I believe.


(Prof. Loyce Runolfsson Jr.)


THE WEIGHT OF THE NATION: SURPRISING LESSONS ABOUT DIETS, FOOD, AND FAT FROM THE EXTRAORDINARY SERIES FROM HBO DOCUMENTARY FILMS



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GRIFFIN, United States, 2013. Paperback. Book Condition: New. Reprint. 206 x 137 mm. Language: English . Brand New Book. America's ever-expanding waistline: We see it, hear about it, and worry about it! But can anything be done about it? People today work harder and take better care of their health than any previous generation. So how could two-thirds of us fail to measure up when it comes to eating right and exercising? HBO and the Institute of Medicine of the National Academy of Sciences have joined together to bring you the nation's foremost experts and definitive research on weight and weight loss. The Weight of the Nation explains how we got to this unhealthy place and how we can get to a healthy weight by overcoming the forces that drive us to eat too much and move too little. The Weight of the Nation answers crucial questions about yo-yo dieting, how metabolism functions, why stress affects weight, and how to keep weight off forever. Based on the rich research behind HBO's documentary series, The Weight of the Nation is the only book that tells it like it is: losing weight is hard, keeping it off is even harder, and there's no quick fix. Weight loss takes a lot of work and a lifetime commitment, but thousands have done it and this book will show you how.

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