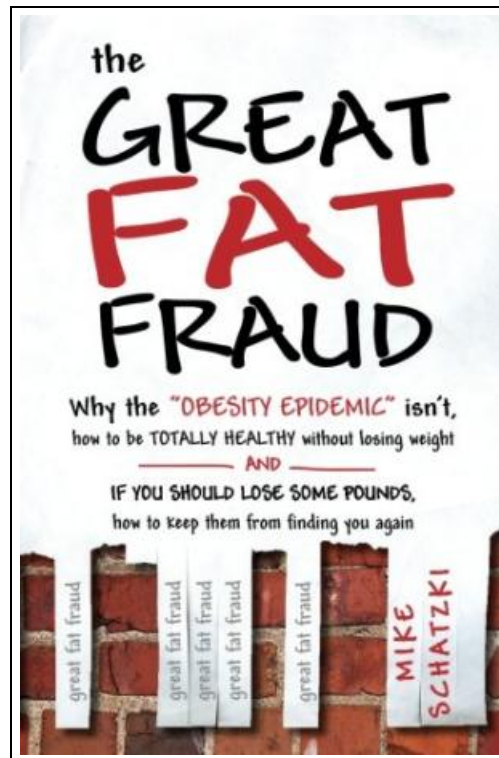


The Great Fat Fraud



Filesize: 5.14 MB

Reviews

A very great ebook with perfect and lucid answers. It can be packed with wisdom and knowledge I found out this book from my dad and i encouraged this publication to learn.

(Elena McLaughlin)

THE GREAT FAT FRAUD



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Lamington Press. Paperback. Book Condition: New. Paperback. 208 pages. Dimensions: 8.4in. x 5.5in. x 0.5in. The revolutionary new book that debunks the myths long perpetrated by the diet and weight-loss industries. Are you tired of buying diet book after diet book Have you tried every exercise class at your gym Are you ready to toss the whole concept of diet and exercise out the window Its time to try something different. Take The GREAT FAT FRAUD Quiz 1. Obesity is a disease that causes 400, 000 deaths a year. True False 2. The definitions for overweight and obese were invented by: A. The World Health Organization B. The Weight Loss Industry C. The National Institutes of Health D. None of the above 3. Most people who yo-yo diet actually gain weight over time because: A. They have no will power B. Their body raises its set point to protect against all the famines it is experiencing C. They eat too much D. All of the above 4. The Weight Loss Industry has annual revenues of: A. Less than 10 Billion B. 10 25 Billion C. 25-50 Billion D. More than 50 Billion 5. The only way to avoid regaining weight after a diet is to exercise (run, bike, swim, etc.) for an hour a day, most days of the week. True False Answers: 1 False 2 B 3 B 4 D 5 False If youre ready for a real change, and ready to take back control of your body, let The Great Fat Fraud provide you with the road map. Mike Schatzki, BA, MPA is a bestselling author, professional speaker, professional negotiator, environmental lobbyist and, in his spare time, a Recovering Couch Potato. The Great Fat Fraud is based on more than two years of action-oriented research that you can...



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