



The Great Fat Fraud

By Mike Schatzki

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? It's 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...



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