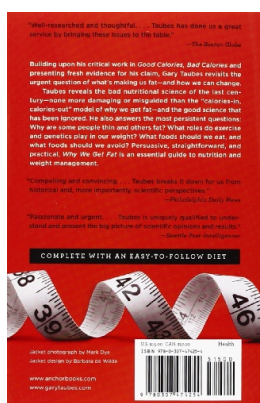


# [PDF] Why We Get Fat: And What To Do About It

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## Books Details:

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What's making us fat? And how can we change? Building upon his critical work in *Good Calories, Bad Calories* and presenting fresh evidence for his claim, bestselling author Gary Taubes revisits these urgent questions.

Taubes reveals the bad nutritional science of the last century—none more damaging or misguided than the “calories-in, calories-out” model of why we get fat—and the good science that has been ignored. He also answers the most persistent questions: Why are some people thin and others fat? What roles do exercise and genetics play in our weight? What foods should we eat, and what foods should we avoid? Persuasive, straightforward, and practical, *Why We Get Fat* is an essential guide to nutrition and weight management.

Complete with an easy-to-follow diet. Featuring a new afterword with answers to frequently asked questions.

**Don't miss Gary Taubes's latest book, *The Case Against Sugar*, available now.**

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