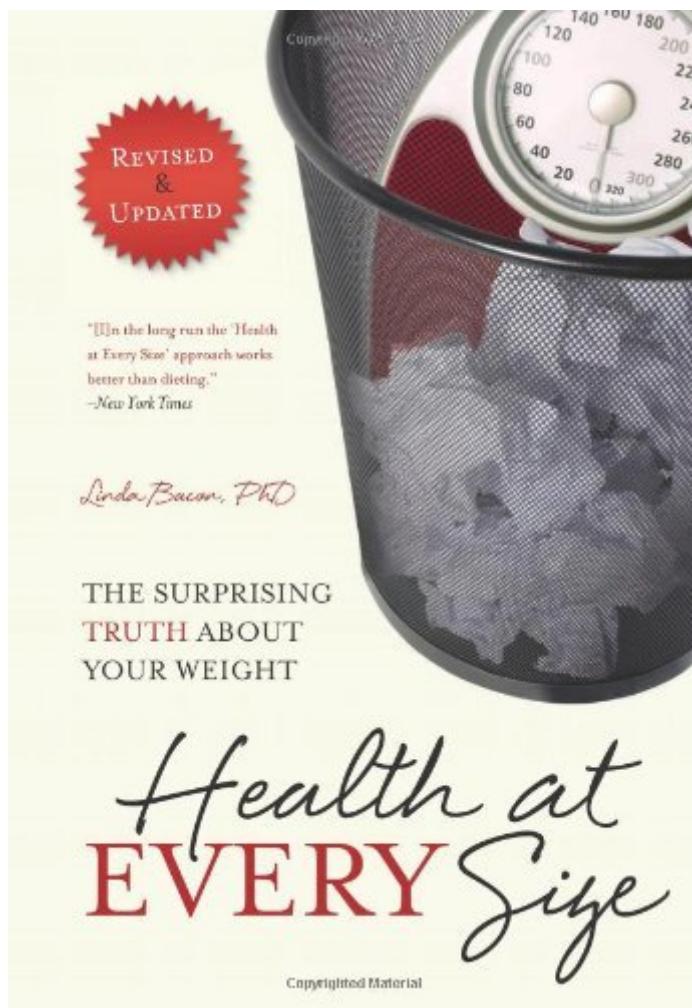


The book was found

# Health At Every Size: The Surprising Truth About Your Weight



## **Synopsis**

Fat isn't the problem. Dieting is the problem. A society that rejects anyone whose body shape or size doesn't match an impossible ideal is the problem. A medical establishment that equates thin with healthy is the problem. The solution? Health at Every Size. Tune in to your body's expert guidance. Find the joy in movement. Eat what you want, when you want, choosing pleasurable foods that help you to feel good. You too can feel great in your body right now; and Health at Every Size will show you how. Health at Every Size has been scientifically proven to boost health and self-esteem. The program was evaluated in a government-funded academic study, its data published in well-respected scientific journals. Updated with the latest scientific research and even more powerful messages, Health at Every Size is not a diet book, and after reading it, you will be convinced the best way to win the war against fat is to give up the fight.

## **Book Information**

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## **Customer Reviews**

Really refreshing and true. Diets don't help and actually make it harder for you to get back to a

lower wt. I am not sure what you should do except not have unrealistic expectations about your wt. Start to develop healthy habits. Not what you wanted to hear, huh? Me either. But it is the truth.

I really enjoyed the scientific aspect and information about the clinical studies and all of the reasons why dieting doesn't work. Some of the nutrition portions were a bit triggering for me, but the author DOES encourage people to move past those portions if they are tempted to use them as diet advice. I really appreciated this book and it has definitely helped me along my journey to health, wholeness, and body acceptance.

I am new to this type of information, and I was very impressed with the science behind the studies and the different approaches to nutrition, exercise, and mindset

Could not recommend this book enough. It changed my life. If only the information in it were mainstream. I've seen articles from very respected news sources popping up here and there that mirror what Linda Bacon is saying, but it seems our weight-loss obsessed culture isn't ready to believe it. I guess when you're told from birth that weight loss is the road to good health, it's a hard pill to swallow when someone says otherwise.

I highly recommend this book because it will help you see things like health, weight, the concept of "overweight," etc. in a new way. It refutes various falsehoods and stereotypes of society and promotes a healthy lifestyle AND healthy body image.

This has changed my life... I am not kidding. I have struggled with body issues since I was a pre teen. This has helped me realize that you can be healthy at every size. I no longer compare myself to celebrities or anyone in the media. This has helped me reflect on my own unhealthy dieting habits and let go of some of my body issues. I am not saying that I am cured but have a MUCH better body image than I ever had!

Wonderful book for anyone, especially those who have have diets and strict nutrition stuck in their head. This is a must read!

I highly recommend this book to anyone who has yo-yo dieted or struggled with an eating disorder. This is a very important book. The book was written by Linda Bacon, PhD, a San Francisco Bay

Area Nutritionist and Educator.. The book is based on the Health At Every Size (HAES) paradigm. It gives a refreshingly new take on body image, disordered eating (anorexia, bulimia, and binge eating), and wellness.

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Grain Brain: The Surprising Truth about Wheat, Carbs, and Sugar (Your Brain's Silent Killers) by David Perlmutter -- Summary, Review & Analysis Entropy: The Truth, the Whole Truth, and Nothing But the Truth

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