



# **Big Fat Lies: The Truth About Your Weight and Your Health**

*Glenn A. Gaesser*

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Do you believe that your weight should be within the range recommended by one of the various height-weight tables that are always appearing in books and magazines? That being overweight is unhealthy? That weight loss improves health?

Have you ever been told by your doctor to lose weight? Are you currently dieting or contemplating going on a diet? Have diets failed you or made you feel like a failure? Do you feel people look down on you because of your weight? If the answer to any of these questions is “yes,” then this book is for you.

Millions of Americans stigmatized as “too fat” need to be reassured that the roads to good health are wide enough for everyone. Here’s proof that people can be overweight and still be fit and healthy. Glenn Gaesser, an exercise physiologist, challenges the conventional wisdom that excess body fat poses a danger to health. This is an authoritative, clearly written book that is crucial reading for anyone who wants to take concrete steps towards improving their health – no matter what their size.



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#### **Nona Smith:**

Spent a free time and energy to be fun activity to perform! A lot of people spent their sparetime with their family, or their friends. Usually they carrying out activity like watching television, planning to beach, or picnic from the park. They actually doing same thing every week. Do you feel it? Do you need to something different to fill your personal free time/ holiday? May be reading a book could be option to fill your cost-free time/ holiday. The first thing that you'll ask may be what kinds of reserve that you should read. If you want to try look for book, may be the e-book untitled Big Fat Lies: The Truth About Your Weight and Your Health can be very good book to read. May be it can be best activity to you.

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