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## Body Respect: What Conventional Health Books Get Wrong, Leave Out, and Just Plain Fail to Understand About Weight

By Linda Bacon, Lucy Aphramor

BenBella Books. Paperback. Book Condition: new. BRAND NEW, Body Respect: What Conventional Health Books Get Wrong, Leave Out, and Just Plain Fail to Understand About Weight, Linda Bacon, Lucy Aphramor, Mainstream health science has let you down. Weight loss is not the key to health, diet and exercise are not effective weight-loss strategies and fatness is not a death sentence. You've heard it before: there's a global health crisis, and, unless we make some changes, we're in trouble. That much is true--but the epidemic is NOT obesity. The real crisis lies in the toxic stigma placed on certain bodies and the impact of living with inequality--not the numbers on a scale. In a mad dash to shrink our bodies, many of us get so caught up in searching for the perfect diet, exercise program, or surgical technique that we lose sight of our original goal: improved health and well-being. Popular methods for weight loss don't get us there and lead many people to feel like failures when they can't match unattainable body standards. It's time for a cease-fire in the war against obesity. Dr. Linda Bacon and Dr. Lucy Aphramor's Body Respect debunks common myths about weight, including the misconceptions...



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