



Summary Gary Taubes' Why We Get Fat: And What to Do About It

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This is a Summary of Gary Taubes' Why We Get Fat: And What to Do About It; an eye-opening, myth-shattering examination of what makes us fat.

In the book Taubes visits the urgent question of what's making us fat—and how we can change—in his exciting new book. Persuasive, straightforward, and practical, *Why We Get Fat* makes Taubes's crucial argument newly accessible to a wider audience. He 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, especially regarding insulin's regulation of our fat tissue. 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?

Packed with essential information, *Why We Get Fat* is an invaluable key in our understanding of an international epidemic and a guide to what each of us can do about it. Available in a variety of formats, this summary is aimed for those who want to capture the gist of the book but don't have the current time to devour all 288 pages. You get the main summary along with all of the benefits and lessons the actual book has to offer. Ant Hive Media reads every chapter, extracts the understanding and leaves you with a new perspective and time to spare. We do the work so you can understand the book in minutes, not hours.

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