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BODY RESPECT: WHAT CONVENTIONAL HEALTH BOOKS GET WRONG, LEAVE OUT, AND JUST PLAIN FAIL TO UNDERSTAND ABOUT WEIGHT



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...

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- Authored by Linda Bacon, Lucy Aphramor
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