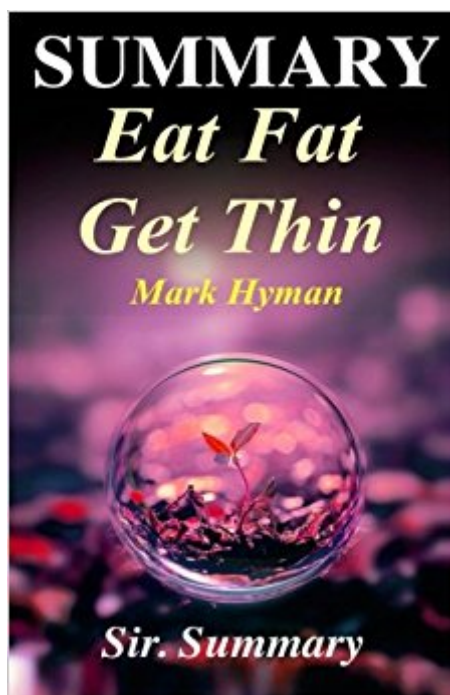


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Summary - Eat Fat Get Thin: By Mark Hyman - Why The Fat We Eat Is The Key To Sustained Weight Loss... (Eat Fat, Get Thin: A Complete Summary - Book, Paperback, Audiobook, Audible, Hardcover,)



Synopsis

Eat Fat, Get Thin - A Complete Summary! Eat Fat, Get Thin is a book written by Mark Hyman about a very unusual weight loss method. Most books that deal with this topic are written in more or less the same way: you need to eat less, work out, and your body should do the rest. The right word is definitely *should do*, because not all bodies react the same. But the pattern is always more or less unchanged. This book is radically different. Instead of suggesting that readers need to eat less in order to lose weight, the author says quite the opposite. That is why the book is named Eat Fat, Get Thin. But the problem that the author deals with is not only how to lose weight in the best possible way. Hyman also deals with the stigma regarding fat, because in almost every diet, fat is considered something negative that everyone who wants to lose weight should pay attention to. Eat Fat, Get Thin is a book that could help readers to perceive dieting differently. It is a book that studies diet and nutrition from a different angle. Whether that will be useful or not we will see in the summary section. But my belief is that the work of a physician, advocate and nutrition leader will exceed expectations. Here Is A Preview Of What You Will Get: -In Eat Fat, Get Thin , you will get a summarized version of the book. -In Eat Fat, Get Thin , you will find the book analyzed to further strengthen your knowledge. -In Eat Fat, Get Thin , you will get some fun multiple choice quizzes, along with answers to help you learn about the book. Get a copy, and learn everything about Eat Fat, Get Thin .

Book Information

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Customer Reviews

Mark Hyman is right on the mark! There is a lot of opposition out there, but our bodies require the right kind of fats to survive. Only processed foods and fast foods have the wrong kind of fat which destroys our digestive systems and make us sick by clogging up the works. Everyone should read this book and then the real book with the good fat diet plan for health and weight loss.

This book is full of information. It explains why good fats help us lose weight. It goes into the chemistry going on in our bodies when eating different types of foods, oils, etc. It's not an easy read but it is full of great info. Towards the end it gives some tips on how to be successful.

Great book with great explanations! It will change the way you look at fat and counting calories. The author gives you all the tools to make this work. The recipes are easy to follow and delicious. Would definitely recommend this book to everyone.

I was occupied with this book since I've as of late begun on the Ketogenic eat less carbs which advances protein and solid fats and drastically decreases sugar/starch intake. This book tries to expose long-held convictions about fat, the book clarifies why fats are a pivotal piece of weight reduction and any sound diet. This survey gave me a more profound comprehension of the standards of Hyman's hypothesis, and helped me have a superior viewpoint about the sound advantages of fats.

This summary has value if you have NOT seen the PBS special Eat Fat Get Thin. It would have more general value as a 'Cliff Notes' type summary if the 21 day Pegan plan was outlined to some degree.

Decent, brief summary of the principles. Not a whole lot of detail- that would be in the full version, I presume.

Told me nothing i did not see on the infomercial

Nobody should spent close to \$9 to buy this crap. there is no useful information in it. Don't buy it

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