



Summary: Why We Get Fat: And What To Do About It

Adept Summaries

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Summary: Why We Get Fat - And What To Do About It by Gary Taubes. If you are looking for a full copy of this outstanding book, this can be found back on the Amazon search page.

What you get from an Adept Summary & Analysis:

- An overview of the entire book
- Key takeaways from the book
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A preview:

Studies show that under eating does very little to cure obesity and weight problems. A perfect example is the study conducted by the National Institute of Health in early 1990s in which about twenty thousand women were instructed to eat low-fat diet and ended up eating 20% fewer calories than the recommended amount. After eight years of continuous under-eating and diet counseling, the woman had lost an average of only two pounds each. This is a clear evidence that under-eating does very little to help in weight loss.

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Robert Riggio:

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