



**Myth:** Fat kills.

**Reality:** On average, “overweight” people live longer than “normal” weight people.

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**Myth:** Lose weight, live longer.

**Reality:** No study has ever shown that weight loss prolongs life.

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**Myth:** Anyone can lose weight if he or she tries.

**Reality:** Biology dictates that most people regain the weight they lose, even if they continue their diet and exercise programs.

**Health at Every Size is not a diet book.**

**READ IT AND BE CONVINCED:**

The best way to win the war against fat is to give up the fight.

[www.HAESbook.com](http://www.HAESbook.com)