

Some surprising truths about weight...

MYTH	REALITY
Fat kills.	On average, "overweight" people live longer than "normal" weight people. (page 120)
Lose weight, live longer.	No study has ever shown that weight loss prolongs life. (page 135)
Anyone can lose weight if he or she tries.	Biology dictates that most people regain the weight they lose, even if they continue their diet and exercise programs. (page 164)

Fat isn't the problem. Dieting is the problem. A society that rejects anyone whose body shape or size doesn't match an impossible ideal is the problem. A medical establishment that equates "thin" with "healthy" is the problem. The solution?

Health at **EVERY** Size

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