

Food Fight



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出版者:McGraw-Hill Education

出版时间:2004-10-16

装帧:Paperback

isbn:9780071438728

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Download Description

"Food Fight is... an important contribution to the discourse around the obesity epidemic. I highly recommend it to anyone who wishes to learn more about the role of the food industry, and especially to public health advocates looking for clearly presented research and ideas for positive change."

Synopsis:

"The evergreen subject of American gluttony and sloth brings out the best in scientist-advocates, and the authors, while drawing on a mountain of statistics and studies, make their indictment both funny and appalling." - "Publishers Weekly".

"Brownell and Horgen uncover some of America's biggest diet hazards and how to avoid them." - "Self" magazine. "This is a fascinating, empowering must-read filled with practical ways to take action." - "Shape" magazine. ""Food Fight" is ...an important contribution to the discourse around the obesity epidemic. I highly recommend it to anyone who wishes to learn more about the role of the food industry, and especially to public health advocates looking for clearly presented research and ideas for positive change."

- Michele Simon, founder and director of the Center for Informed Food Choices.

About Author

Kelly D. Brownell, Ph.D., is one of the nation's best-known experts on nutrition and weight disorders. He is a psychology professor at Yale University and the director of the Yale Center for Eating and Weight Disorders. He regularly appears in the media as an expert on obesity, nutrition, and eating disorders.

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Book Dimension

Height (mm) 228 Width (mm) 149

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