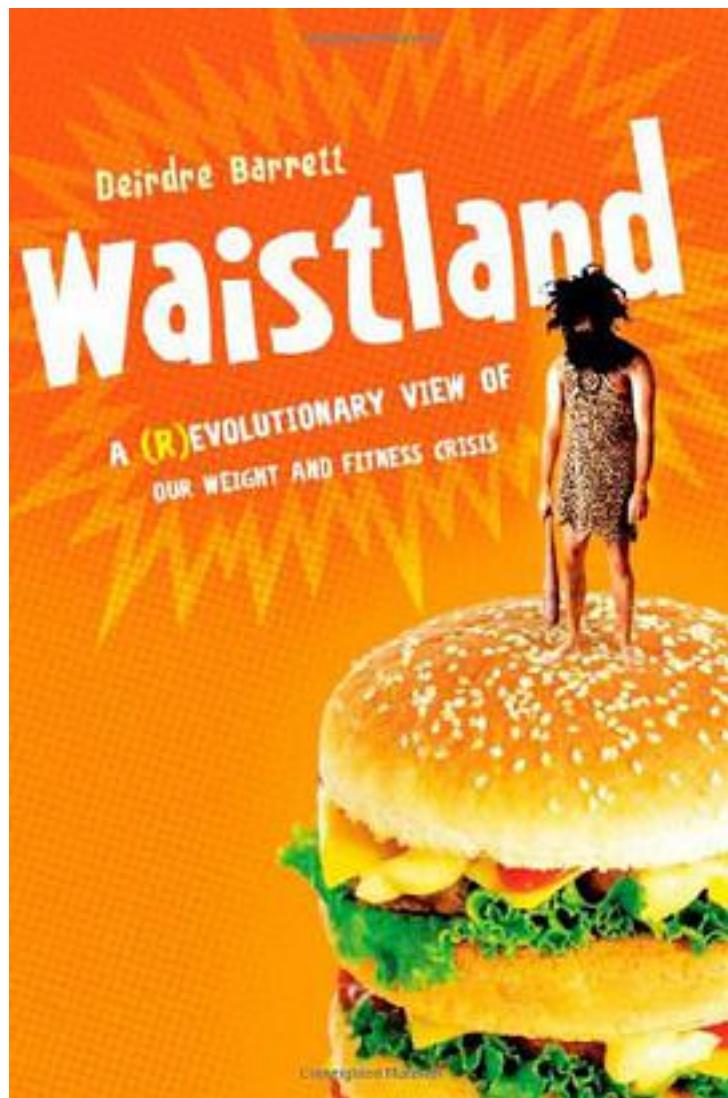


# Waistland



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著者:Barrett, Deirdre

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In the modern jungle of burgers, couches and remote controls, obesity is an enormous and growing epidemic. Diet gurus urge us to "listen to our bodies" but our instincts are designed for the African savannah, not urban life. The sugary and fatty foods that we, as hunter-gatherers, are programmed to forage used to be hard to come by. Not so now. In "Waistland", Deirdre Barrett tackles the obesity and fitness crisis from an evolutionary standpoint. Radical changes are necessary and, fortunately, are biologically easier than small or gradual changes in diet. Barrett tells us how to reprogramme our bodies, break food addictions and ignore our attraction to "supernormal stimuli". She delves into scientific research to show the disastrous direction in which our instincts have led us and how, using our intellect, we can get back on course.

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