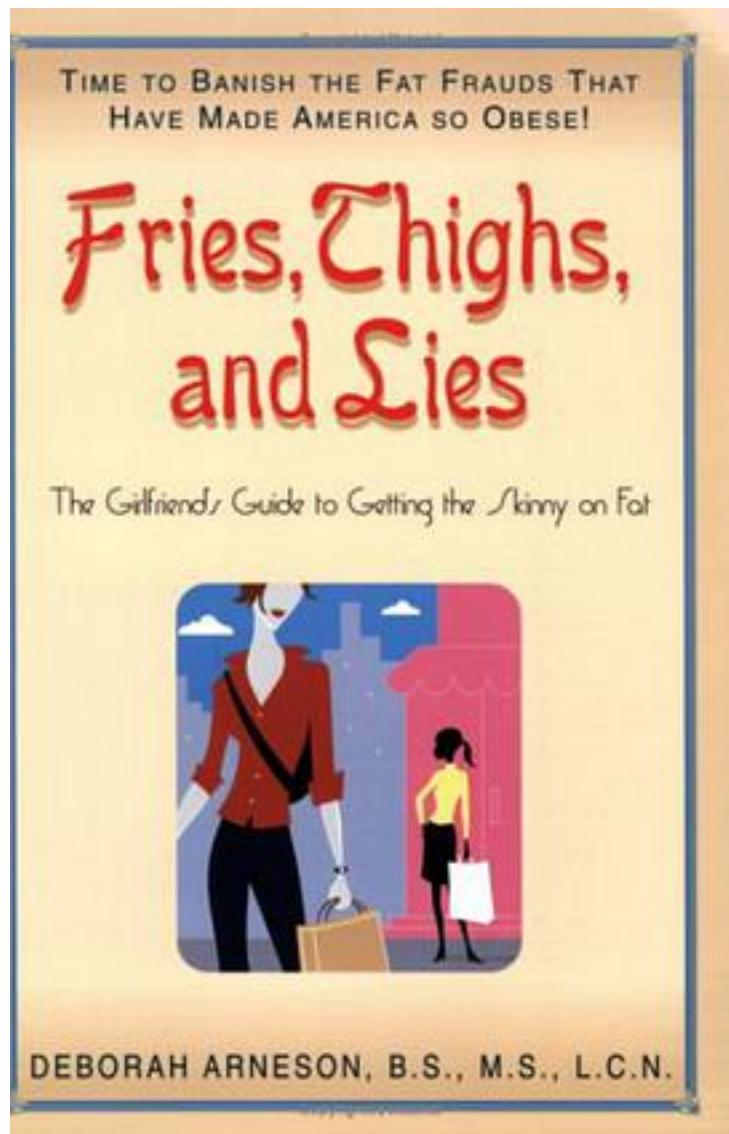


Fries, Thighs, and Lies



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著者:Arneson, Deborah

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In this lively, contemporary book aimed squarely at women, author and clinical nutritionist Deborah Arneson fixes her sights on FAT and the lies surrounding it. Her stated purpose--to put fun in nutrition--makes the case, often humorously, that many of the dictums of dieting are just plain WRONG. Her direct, no-nonsense talk about what works and what doesn't makes for an entertaining take on a (literally) deadly serious subject--the ineffective-at-best, disastrous-at-worst methods being promoted for dieting and weight loss. Her oft-repeated point--that it is fat women want to lose, not weight--is buttressed by her extensive knowledge of nutrition and her more than twenty years of experience in the field.

作者介绍:

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