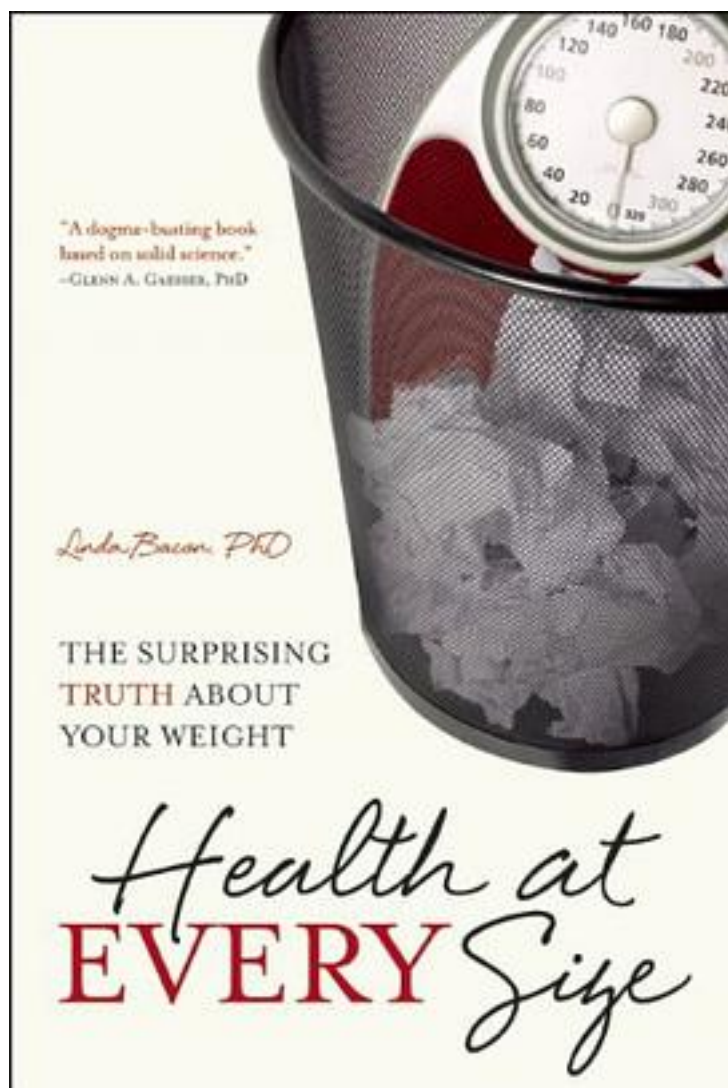


# Health at Every Size



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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. Health at Every Size: The Surprising Truth About Your Weight by Linda Bacon, PhD, presents a well-researched, healthy-living manual that debunks the weight myths and translates the latest science into practical advice to help readers forever end their battle with weight.

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