

Why We Get Fat: And What To Do About It

By Gary Taubes

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Author of Why We Get Fat and Good Calories, Bad Calories. Gary Taubes. author of Why We Get Fat Gary Taubes (born April 30, 1956) is an American science writer.

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Bad Calories and presenting fresh evidence for his claim, Gary Taubes revisits the urgent question of what is making us fat and how we can

from acclaimed science writer Gary Taubes. In his New York Times best seller, Why We Get Fat makes Taubes's crucial argument newly accessible to a wider audience.

Why We Get Fat Posted by Harriet Hall on January 18, 2011 147. Journalist Gary Taubes created a stir in 2007 with his impressive but daunting 640-page tome Good

Author information. Gary Taubes is a contributing correspondent for "Science" magazine. His writing has appeared in "The Atlantic, The New York Times Magazine

Why We Get Fat: And What To Do About It is a 2010 book by science writer Gary Taubes . Following Taubes's 2007 book Good Calories, Bad Calories , in which he argues

Gary Taubes, author of "Why We Get Fat", poses for a portrait at his home in Berkeley, Calif., on Saturday, February 12, 2011. Ten years ago, science writer Gary

Researcher and investigative journalist, Gary Taubes has done it again. The author of the bestselling Good Calories, Bad Calories has followed up with hit nutrition

Science magazine writer Gary Taubes follows up his highly acclaimed and controversial critique of modern dietary science, Good Calories, Bad Calories (Knopf, 2007

Arnold Schwarzenegger. 09/26/2012 Why Do We Get Fat? Taubes, Gary. Why We Get Fat And What to Do About It. Anchor Books. New York. 2011. ABOUT THE AUTHOR.

Most doctors will tell you that to lose weight you need to burn more calories than you consume. The science writer Gary Taubes would tell you to ignore

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For decades we have been taught that fat is bad for us, carbohydrates better, and that the key to a healthy weight is eating less and exercising more.

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