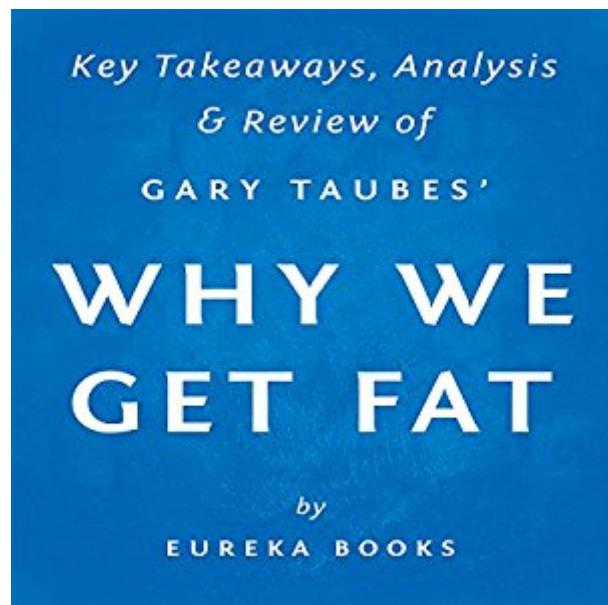


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# Why We Get Fat And What To Do About It, By Gary Taubes: Key Takeaways, Analysis & Review



## Synopsis

Please note: This is a companion to the book and not the original book. Gary Taubes' Why We Get Fat and What to Do About It addresses the main culprit responsible for people putting on too much weight: carbohydrate consumption. It also suggests the way to slim down, which is to simply stop eating carbohydrates.... This companion to Why We Get Fat includes: Overview of the book Important people Key takeaways Analysis of key takeaways And much more!

## Book Information

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## Customer Reviews

The book by Gary Taubes, "Why We Get Fat and What To Do About it," is very well written, thoroughly supported by citations, and quite helpful. I spent several hours outlining and summarizing the book, in the hopes that my grandkids could use the information I had distilled from it. My outline is 14 pages long and is not as clear as I would like it to be. So, I wanted to see how the professional writers at Eureka Books distilled the essence of the book. The "Key Takeaways, Analysis & Review" by Eureka Books is a sad, unhelpful, mess. Key Points: Gary Taubes' book has 19 chapters. He makes several key points in each chapter. The Eureka booklet has 9 "key takeaways." Every one of these points made by Eureka actually contradicts, or at best misses, the points made in Gary Taubes' book. Sources: Gary Taubes' lists over 200 sources for his factual assertions. Taubes' sources include the relevant medical and scientific studies on fat gain/loss over the past 400 years. The Eureka booklet lists none of Taubes' sources, and instead lists and discusses 9 sources that were not used by Taubes. For example, the Eureka booklet cites someone named Julie Fredrickson as the sole support of 3 of its 9 "key takeaways." When I googled the link to Julie

Fredrickson, I found that she calls herself an entrepreneur, and also claims that she has successfully lost weight. Eureka has thus ignored virtually all of the scientific literature on weight-loss in favor of a non-scientist's anecdotal story. Analysis: The Eureka booklet does not contain any analysis of Taubes' book. The author of the Eureka booklet displays a lack of understanding of the basics of biology.

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