

## Body Respect What Conventional Health Books Get Wrong Leave Out And Just Plain Fail To Understand About Weight

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~~Body Respect | Bacon & Aphramor~~

~~Dr. Linda Bacon and Dr. Lucy Aphramor's Body Respect debunks common myths about weight, including the misconceptions that BMI can accurately measure health, that fatness necessarily leads to disease, and that dieting will improve health. They also help make sense of how poverty and oppression—such as racism, homophobia, and classism—affect life opportunity, self-worth, and even influence metabolism.~~

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~~Body Respect: What Conventional Health Books Get Wrong, Leave Out, and Just Plain Fail to Understand about Weight. Mainstream health science has let you down. Weight loss is not the key to health, diet and exercise are not effective weight-loss strategies and fatness is not a death sentence.~~

~~Body Respect: What Conventional Health Books Get Wrong ...~~

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Body Respect: What Conventional Health Books Leave Out, Get Wrong, or Just Plain Fail to Understand about Weight. Body Respect is a ground-breaking, dogma-busting book that will change how you think about HEALTH forever. Sometimes it's a life experience that rocks your world. Sometimes it's a lecture.

~~Linda Bacon, PhD, formerly Linda Bacon~~

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Body Respect is a ground-breaking, dogma-busting book that will change how you think about health forever."Â Christopher Kennedy Lawford, New York Times bestselling author and former UN Goodwill Ambassador for Drug Treatment and Care Â Linda and Lucy have written the rare self-help book that places the personal decisions about how to care for ourselves in the larger context of the world's unequal opportunities, judgment, and bias.

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