

Rethinking Thin

The New Science of Weight Loss
—and the Myths
and Realities of Dieting

Amount Per Serving

Calories 0 % Daily Value*

Total Fat 0g	0%
Sodium 0g	0%
Total Carbohydrate 0g	0%
Protein 0g	0%

* Percent based on a 2,000 calorie diet

Gina Kolata

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Rethinking Thin: The New Science of Weight Loss--and the Myths and Realities of Dieting



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In this eye-opening book, New York Times science writer Gina Kolata implies that our society's obsession with dieting and excess weight loss is less about keeping trim and remaining healthy than about cash, power, trends, and out of the question ideals. giving us a better understanding of the weight that is right for our bodies.s account of 4 determined dieters' Kolata' improvement through a study comparing the Atkins diet plan to a conventional low-calorie one becomes a broad tale of science and society, of sociable mores and public sanctions, and of politics and power.Rethinking Thin asks whether words like willpower are really applicable when it comes to eating and body weight.s weight and fantasizing about finally, at long last, obtaining thin. It dramatizes what it feels like to spend an eternity fighting one' And it includes commonsense answers to questions about weight, diet plan, and weight problems—scientific and social phenomena that made some people rich and slim and left others excess fat and miserable. It tells the little-known story of the science of obesity and the annals of diet programs and dieting—Rethinking Thin is at once an account of the place of diet plans in American culture and a provocative critique of the weight-loss industry.



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A must-read for thin people. We was not really thinking about a book on pounds loss, but I read and enjoyed Kolata's Ultimate Fitness, so when We saw this quantity on the bookstore shelf, I bought it too. however I doubt they are relevant to the majority of unwanted fat people (who are, after all, not rats rather than genetically modified). It made me think of when African Us citizens struggled to pass as white because they lived in a society that didn't worth them. After reading Rethinking Thin, my attitude has totally changed. I now appearance at overweight people with compassion and understanding, as victims of the incompatibility of their genetically-determined biochemistry and society's narrow principles of beauty. I now regard weight problems the same manner as I do baldness -- it's merely misfortune -- a genetic short straw that is in no way reflective of some kind of character flaw. Any issue that was raised in one chapter was answered within the next. Especially slim people who feel falsely excellent simply because they possess a different metabolism. It takes energy to constantly fight hunger. Entertaining and well written That is a timely book does a good job of within the topic must be discussed.. Diet not working (again)?The next half of the book gets rather technical, with complete chapters about biochemistry and the seek out an appetite-suppressing hormone.. It's accessible but educational and, all the while, extremely thought-provoking. With a Penn study comparing two diets as the backdrop to her analysis, Kolata weaves in the history, research and politics of fat loss in an extremely well-structured and well-paced read. These people are sympathetic and articulate and provide a human being counterpart to all or any the scientific articles in the book. Lavie. In this section the author discusses research with genetically modified mice or rats. Nevertheless, it may be a liberating examine as well, as it finally absolves the over weight from the guilt that it is really almost all their fault, and that everyone can be thin if indeed they really try hard enough. A Tremendously Important Actuality Check Gina Kolata, technology reporter for the brand new York Times, has the unusual journalistic integrity to state something that no one wants to hear: that it's almost impossible for most fat visitors to lose significant amounts of weight. She will take us through one particular study, and mentions scores of others, as she decimates the statements of the diet industry therefore many health professionals. I am not sure that the author's conclusions are right, but I would state that about any book that I've ever seen that discusses diet plan, obesity and wellness. There's a memorable little bit towards the end of the book where she shares with a colleague the results of the study she focuses on, and he asks, with something of a sneer, of the participants, "Did they actually try?" She is exasperated by this attitude. Yes, they tried. This book is also not really a major "fats advocacy" book, that makes it accessible to whoever has at least a reasonably open up brain to consider the evidence on this issue. This book is a soul-balming antidote to the arrogant narcissism of these who believe their genetic good fortune is truly a manifestation of moral superiority. Must-read for every chronic dieter! Important information presented here. Kolata explains obviously, using research findings, not really wishful thinking, why the whole notion that being excess fat reflects a character flaw is wrong. Similarly why the fact that, with reasonable work, most fats people could become thin and stay that way." A Well Written Book on the Complexities and Subtleties of Obesity We thought this was an excellent little bit of journalistic writing. It really is engagingly created and based on research that seems well founded. Perhaps it could be a depressing read, as it becomes obvious that the only way a significantly over weight person can maintain a "normal" weight can be to live the rest of his/her lifestyle in circumstances of semi-starvation with no relief, EVER. The author is hardly ever preachy or lets you know how to think, nor will she deny the complexity of the problem.However, I must say that Rethinking Thin truly DID make me rethink my assumptions about overweight people. Not surprisingly criticism I give

the book five celebrities because it presents material of such importance --really life-saving and culture-altering if more than enough readers think honestly about they've read right here. Well-researched, well-written and an important point of view. If nothing at all else, this book enables you to stop and test your pre-conceived notions about the "obesity epidemic" and demonstrates that the technology of weight loss isn't as black-and-white and definitive as we're led to believe. My God, how they tried. These results are fascinating; The suggestions certainly are contrarian in today's climate, but I believe that the more folks look behind the curtain, more material like this will emerge. I found these chapters fascinating. However, what was new for me was the biochemical discoveries produced because the 70's. The hard truths she demonstrates are that almost all of individuals who do drop a good amount of fat at some point are not able to keep it off as time passes, that people who say that obesity issues "need more study" are mainly motivated by an unwillingness to simply accept the conclusions of a multitude of studies already carried out, and that there is tremendous cash to be produced in giving false hope to the obese. This is inherently contentious subject, and Gina Kolata's book is well worth reading as part of understanding it. You can find and stay healthier your whole life through diet and exercise, but you will not be in a position to drastically change your bodyweight permanently unless you're willing to make it the focus of your life. To arrive clean, I am a slim person from a slim family who always felt that one's weight was a matter of self-control, and I absorbed society's prejudices that extra fat people were somehow lazy and undisciplined. Therefore many of us battle to make ourselves end up being what we cannot be. Time to get mad and demand modification. Everyone should browse this. She then describes many studies involving similar twins and adoptees which demonstrate the inconvenient truth that bodyweight is an inherited trait rather than a function of environment. Why doesn't anyone else talk about this? This book presents pretty compelling evidence that the billion dollar weight loss industry is not supported by science. A must read for anybody who cares about obesity issues. Eye opening. Not what I wanted to hear, but nonetheless glad I browse the publication. She cites a fascinating study where slim people were overfed to become fat (very difficult to do, as it happens) and obese people were slimmed down to the same size, and the topics were compared metabolically. Wright is mainly genetically determined, although health is not. (I found this interesting but glazed over a few times, I admit. Third, up with The Weight problems Paradox by Carl J... Diet no longer working (again)? Maybe it is time to get real and see what others have been through and what provides been learned all about "eat less, move more. I got studied the weight problems literature in depth in the 1970's, therefore i was familiar with many of the results that Kolata presents. Interspersed between each one of these chapters are personal stories of a group of individual dieters enrolled in a University of Pennsylvania diet plan study, and their repeated and futile tries at significant sustained weight loss. Kolata's book starts with a study of the long background of dieting (not a recent phenomenon) and a brief history of evolution of the perfect body picture. She doesn't offer you any dark and white answers, but I think she explores the complexity and subtlety of the topic expertly. Maybe it's time to get .I don't know how someone hoping to lose excess weight would react to this book. Fantastic. An remarkable read for anyone wanting to understand the science and sociological foundations of weight problems and excess weight in the usa.) The reserve closes with a chapter known as Body fat Wars, where Kolata discusses the politics of the "obesity epidemic" and just why legitimate studies which will make clear that body weight can be a function of genetics are ignored by the weight-loss establishment. Excellent, Well Researched Book I must say i enjoyed reading Gina Kolata's study on dieting. She actually did her homework! Another stage that I valued in this book was

that it lacked sensationalism. Diets and dieting tend to be very hot and emotional issues for many people. Kolata's approach was "simply the reality", I appreciated that alot.



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