

Health At Every Size The Surprising Truth About Your Weight By Linda Bacon

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"Über den Autor und weitere Mitwirkende Linda Bacon, Ph.D., earned her doctorate in physiology, specializing in weight regulation, from the University of California, Davis. She also holds graduate degrees in psychology, specializing in eating disorders and body image, and exercise science, specializing in metabolism, and has professional experience as a researcher, clinical psychotherapist, exercise physiologist and educator. Dr. Bacon is currently an associate nutritionist at the University of California, Davis and the lead investigator for a clinical research study that evaluates the Health at Every Size program, co-sponsored by the U.S. Department of Agriculture. She is also a nutrition professor in the biology department at City College of San Francisco. Additionally, she maintains a private practice, advising individuals, health care professionals and institutions on strategies for implementing the Health at Every Size program."

Health at every size has been scientifically proven to boost health and self esteem the program was evaluated in a government funded academic study its data published in well respected scientific journals updated with the latest scientific research and even more powerful messages health at every size is not a diet book and after reading it you

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She has conducted federally funded studies on diet and health and is well published in top scientific journals and has written two books first her highly acclaimed bestseller health at every size the surprising truth about your weight and recentl,

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many health problems and weight loss touted as
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