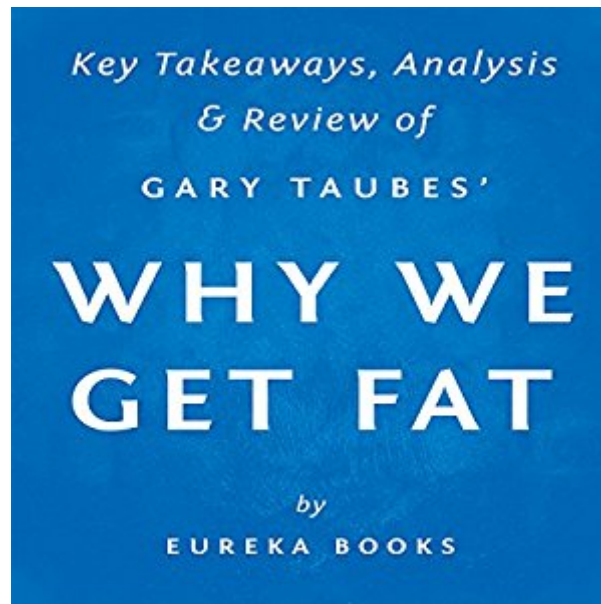


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# Why We Get Fat And What To Do About It, By Gary Taubes: Key Takeaways, Analysis & Review



## 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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Health, Fitness & Dieting > Diets & Weight Loss > Other Diets

## 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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