



The End of Overeating: Taking Control of the Insatiable American Appetite

By David A. Kessler

Rodale Books, 2010. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: "Dr. David Kessler has written a fascinating account of the science of human appetite, as well as its exploitation by the food industry. The End of Overeating is an invaluable contribution to the national conversation about the catastrophe that is the modern American diet." --Michael Pollan, author of *In Defense of Food* "David A. Kessler, who led the battle against the tobacco industry, now joins the fight against obesity. His message is important: The problem is not only the behavior of profit-driven food companies, but also the daily choices that each one of us makes." Eric Schlosser, author of *Fast Food Nation* "David Kessler's fascinating book is essential for anyone interested in learning more about how corporate greed and human psychology have created a national health crisis." Alice Waters, chef and owner of *Chez Panisse* "Disturbing, thought-provoking, and important." Anthony Bourdain, author of *Kitchen Confidential* "A compelling book about overeating and the obesity pandemic. Dr. Kessler thoroughly examines the nature of our relationship with food and why it is critical to understand and modify our behavior to reverse this global threat to health and well-being." David Satcher, former Surgeon General and director of the Centers...



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It is fantastic and great. It is really simplified but unexpected situations from the 50 % in the ebook. I discovered this ebook from my dad and i suggested this book to learn.

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