

A revolutionary new diet program based on the latest science showing the importance of fat in weight loss and overall health, from number-one best-selling author Dr. Mark Hyman. Many of us have long been told that fat makes us fat, contributes to heart disease, and generally erodes our health. Now a growing body of research is debunking our fatphobia, revealing the immense health and weight loss benefits of a high-fat diet rich in eggs, nuts, oils, avocados, and other delicious superfoods. In his new book, best-selling author Dr. Mark Hyman introduces a new weight loss and healthy living program based on the latest science and explains how to Eat Fat, Get Thin and achieve optimum wellness along the way. Offering practical tools, meal plans, recipes, and shopping lists as well as step-by-step, easy-to-follow advice, Eat Fat, Get Thin is the cutting-edge way to lose weight, prevent disease, and feel your best.

Treasure Island (Best Seller Classics), Big, Beautiful, and Pregnant: Expert Advice and Comforting Wisdom for the Expecting Plus-Size Woman, Pete Biros Magic - Eggs, Bags & Gags, Charles Dickens Christmas Stories (13 works) (Illustrated), Tamed By The Billionaire (Book 8) (BBW Billionaire Romance), Women In England, 1500-1760: A Social History (Women in History),

Eat Fat, Get Thin: Sustained Weight Loss and Vibrant Health with Nutrigenomics Dr. Mark Hyman! Recorded live in New York City. Many of us have long been.

The Hardcover of the Eat Fat, Get Thin: Why the Fat We Eat Is the Key to Sustained Weight Loss and Vibrant Health by Mark Hyman at Barnes.

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