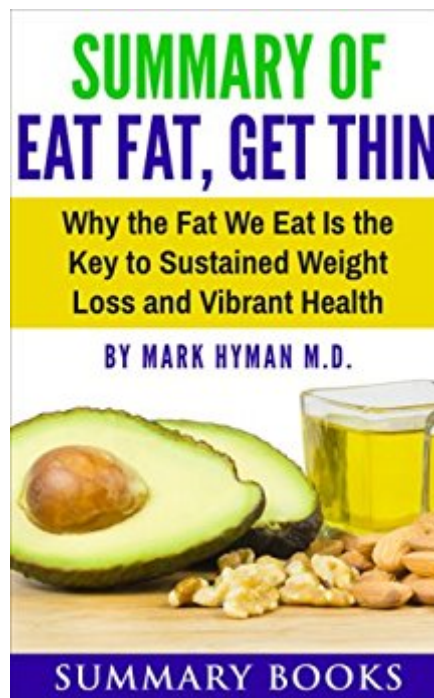


The book was found

Summary Of Eat Fat, Get Thin: Why The Fat We Eat Is The Key To Sustained Weight Loss And Vibrant Health By Mark Hyman M.D.



Synopsis

This is a summary of bestselling author Mark Hyman M.D.'s, "Eat Fat, Get Thin: Why the Fat We Eat Is the Key to Sustained Weight Loss and Vibrant Health by Mark Hyman M.D." This summary is intended to give you an in depth overview of the key concepts and ideas of the book. At Summary Books, we read every chapter, extract the understanding and leave you with a new perspective and time to spare. We do the work so you can understand the book in minutes, not hours. This concise book summary will help you cut through the 350 page full version of Eat Fat, Get Thin and quickly understand the key concepts and ideas. Most of us have long ago been told that fat makes us fat, contributes to or causes heart disease, and generally deteriorates our health. Now a growing amount of research is debunking our fear of fat, uncovering the tremendous health and weight-loss benefits of a high-fat diet rich in nuts, eggs, avocados, oils and other delicious super nutritious foods. In his new book, bestselling author Dr. Mark Hyman teaches a new weight-loss and healthy lifestyle program based on the latest science and explains how to EAT FAT, GET THIN, and achieve optimal wellness along the way. The book offers 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 just feel better. Download this high quality summary book now and get started on a healthier diet and way of living today.

Book Information

File Size: 1708 KB

Print Length: 48 pages

Simultaneous Device Usage: Unlimited

Publisher: Summary Books (August 19, 2016)

Publication Date: August 19, 2016

Language: English

ASIN: B01KPU74YY

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #6,794 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #1 in Kindle Store > Kindle Short Reads > 90 minutes (44-64 pages) > Health, Fitness & Dieting #6 in Kindle

Store > Kindle eBooks > Education & Teaching > Studying & Workbooks > Book Notes #24
in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diets & Weight Loss > Diets

Customer Reviews

Dr. Mark Hyman has created a revolutionary new diet and it's based on contradicting everything we have always been taught that fat makes us well, fat! Worse, it contributes to all sorts of disease and it's pretty much disastrous to your overall health. However, more and more research is indicating that there may be some benefits to a high-fat diet that includes nuts, eggs, oils, and other delicious, yet fatty foods. In his book, Dr. Hyman explains how to EAT FAT, GET THIN. If you are anything like me, you would like to find out exactly how this can be done, but you may not have the time to read a 350 page diet plan and don't have the fifteen bucks to find out that you need to eat more eggs and butter than you do already. This is another terrific summary and analysis from Summary Books that give you all the main points of the original chapter-by-chapter. This summary also lists the tools you need to begin to overhaul your pantry. Plus, it also gives you a list of a few items needed to get started with exercise in case you're a newbie at the whole health thing. Also included are recipes and shopping lists. This is not a fad diet, but a lifestyle change.

Great summary. I read the original and picked this up so that I could have a quick, concise refresher when I needed it. This book does a great job of summarizing the key takeaways from the original book and adding a bit of commentary and analysis on the side. Recommended.

Summary of Eat Fat, Get Thin Why the Fat we eat is the key to sustained weight loss and vibrant health By Mark Hyman M.D. By Summary Books This excellent summary by Summary books includes 9 chapters which also includes some excellent recipes. Eating more fat can actually be the key to a long and healthy life. A new weight loss program has been developed based on this knowledge. Sometimes what we are led to believe does more damage than good. This book goes against some of what we've always been told. Summary Books always does a wonderful job with summarizing books and this is one that I really enjoyed reading. This diet plan is not a quick fix, but rather a lifestyle change. We are currently told that low fat diets are better, but the truth is that increased carbs and increased sugar intake were not as good for us than healthy fats and meats. This low fat diet also leads to sugar addiction sugary drinks have been linked to diabetes and certain types of cancer. Fat has never been linked to these conditions. I rated this well written book a solid 5 star rating. I would enjoy reading more books by Summary Books.

[Download to continue reading...](#)

Summary Of Eat Fat, Get Thin: Why the Fat We Eat Is the Key to Sustained Weight Loss and Vibrant Health by Mark Hyman M.D. Weight Loss: 30 Days Weight Loss Challenge - Eat More Food Lose More Weight - Turn Your Weight Loss Vision Into Reality (How to Lose, Weight Loss Tips, Women, Weight Loss Nutrition, Diet Plan) Weight Loss: 20 Proven Smoothie Recipes For Weight Loss, Health, And Energy (Lose Weight Fast, Smoothies For Weight Loss, Smoothie Recipes, Lose Weight, ... Loss Smoothies, Weight Loss Motivation,) Walk Your Way To Weight Loss 2nd edition: The Ultimate Guide On How To Lose Weight, Burn Fat & Stay Thin With Walking (Weight Loss, Exercise, work out, ... stay thin, energy, fitness, healing) Walking: Weight Loss Motivation: Lose Weight, Burn Fat & Increase Metabolism (Walking, Walking to Lose Weight, Walking For Weight Loss, Workout Plan, Burn Fat, Lose Weight) Summary - Influence: An Amazing Summary About This Book Of Robert Cialdini! -- The Psychology Of Persuasion (Influence: An Amazing Summary-- Persuasion, ... and Practice, Summary, Book, Influencer) Summary - Lean In: Sheryl Sandberg - Women, Work, and the Will to Lead - A Complete Summary (Lean In: A Complete Summary - Paperback, Audiobook, Audible, Hardcover, Book, Summary, 15 for Graduates) Summary - The Invention Of Wings: Novel By Sue Monk Kidd --- An Incredible Summary (The Invention Of Wings: An Incredible Summary-- Paperback, Summary, Audible, Novel, Audiobook) Summary | Zero to One: Peter Thiel - Notes on Startups, Or How to Build the Future - A Complete Summary (Zero to One: A Complete Summary - Paperback, Audiobook, Audible, Hardcover, Book, Summary) Summary - The Boys In The Boat: Novel By Daniel James Brown -- An Amazing Summary! (The Boys In The Boat: An Amazing Summary-- Audible, Audio, Audiobook, Summary, Novel, Paperback,) Summary of See Me: Novel By Nicholas Sparks -- Full Summary & More! (See Me: A Full Summary -- Hardcover, Summary, Paperback, Sparks, Audiobook Audible) Summary - The 48 Laws of Power: Robert Greene --- Chapter by Chapter Summary (The 48 Laws Of Power: A Chapter by Chapter Summary--- Book, Summary, Audiobook, Paperback, Hardcover) ATKINS DIET: Weight Loss Secrets and a Quick Start Guide For a New and Permanent You (Atkins Low Carb High Fat Diet Weight Loss Guide, Diet for Rapid Weight ... Atkins Weight Loss Guide for Beginners) Hair: Hair Loss: Learn About Hair Loss Prevention Methods and Regrowth Treatment: Hair Loss Cure: Hair Loss (Men's Health, Hair Loss Treatment, Regrow ... Loss Treatment for Woman, Hair Loss Cure) Eat Fat and Get Thin, Fit, and Healthier Than Ever Before!: Easy Diet and Delicious Cookbook: Recipes for Dramatic and Sustainable Weight Loss (Includes 21 Day Meal Plan) Eat to Live: The Amazing Nutrient-Rich Program for Fast and Sustained Weight Loss, Revised Edition Eat to Live: The Amazing Nutrient-Rich Program for Fast and Sustained Weight Loss The

Comprehensive Hair Loss Guide: Hair Loss Treatment and Cure for Men and Women (Hair Loss Treatment for Women, Hair Loss Treatment for Men, Hair Loss ... Loss Remedies, Hair Loss Cure, Alopecia) Intermittent Fasting: 6 Intermittent Fasting Methods For Weight Loss, To Burn Fat, Build Muscle and Loose Weight By Eating Naturally. An Intermittent Fasting ... Loss, Intermittent Fasting For Weight Loss) Running: Lose Weight, Burn Fat & Increase Metabolism: Weight Loss Motivation (Running, Walking, Burn Fat, Marathons, Marathon Training, Weight Loss Motivation)

[Dmca](#)