

# THIS BOOK LIES.



## MYTH #1

There is an obesity epidemic.

## FACT #1

People have only gained 7 to 10 pounds in the past 30-40 years; however, the "BMI" level changed in 1998 so that half the population suddenly became "overweight" or "obese" overnight. Health has actually *improved* in the U.S. during the same period as this weight gain.

## MYTH #2

Obesity causes hypertension, diabetes, etc.

## FACT #2

More health problems are associated with underweight than overweight, and overweight people live *longer* than "normal" weight people. Weight is not an indicator of wellness or health outcomes.

## MYTH #3

Diets will help you not only to end obesity, but end health issues associated with it.

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**FACT #3**

95% of people who diet to lose weight put it back on within 2-3 years. This is true even if you call your diet a "lifestyle change."

**MYTH #4**

Diets will allow you to be sexier, happier, and more awesome as a human being.

**FACT #4**

You can be sexy, happy and awesome at any size. You'll be happier if you live your life as you are *now*, instead of waiting until you're thinner.

**You can start the journey to self-love and greater happiness today by refusing to buy this book.**

**Instead, why not check out one of these fab books:**

- *Lessons from the Fat-O-Sphere: Quit Dieting and Declare a Truce With Your Body* by Marianne Kirby and Kate Harding
- *Fat!So?: Because You Don't Have to Apologize for Your Size* by Marilyn Wann
- *The Diet Myth* by Paul Campos
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**For more info, see:**

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