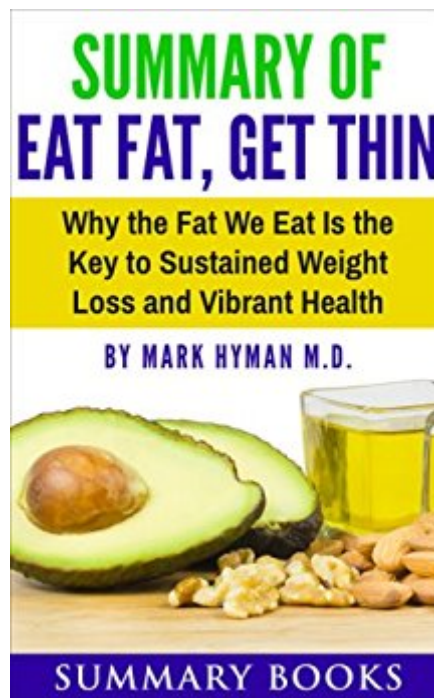


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# Summary Of Eat Fat, Get Thin: Why The Fat We Eat Is The Key To Sustained Weight Loss And Vibrant Health By Mark Hyman M.D.



## 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

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## Customer Reviews

Dr. Mark Hyman has created a revolutionary new diet and itâ™s based on contradicting everything we have always been taught â” that fat makes usâ |well, fat! Worse, it contributes to all sorts of disease and it 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 1.) have the time to read a 350 page diet plan and 2.) donâ™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 originalâ”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 youâ™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 ThinWhy the Fat we eat is the key to sustained weight loss and vibrant healthBy Mark Hyman M.D.By Summary BooksThis excellent summary by Summary books includes 9 chapters which also includes some excellent recipes. â œEating more fat can actually be the key to a long and healthy life.â • 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 weâ™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.

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