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# THE WEIGHT OF THE NATION: SURPRISING LESSONS ABOUT DIETS, FOOD, AND FAT FROM THE EXTRAORDINARY SERIES FROM HBO DOCUMENTARY FILMS



GRiffin, United States, 2013. Paperback. Book Condition: New. Reprint. 206 x 137 mm. Language: English . Brand New Book. America's ever-expanding waistline: We see it, hear about it, and worry about it! But can anything be done about it? People today work harder and take better care of their health than any previous generation. So how could two-thirds of us fail to measure up when it comes to eating right and exercising? HBO and the Institute of Medicine of the...

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- Authored by Dr John Hoffman, Judith A Salerno M.D.
- Released at 2013



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