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The weight–loss industry and even some medical professionals are selling us a bill of goods when it equates slimness to health and happiness.

That's according to an ample body of obesity research and Linda Bacon, a nutrition professor at the City College of San Francisco and author of *Health at Every Size (Benbella)*, \$14.95).

Several recent studies have concluded that each of us has a genetically determined weight set point that can fall within a 20–30 pound range, depending upon our nutritional and exercise habits. If you attempt to diet your way below that range, your body will fight the condition through hunger and slower metabolism. Bacon urges readers to stop ruining their health by attempting to strive for impossibly skinny images. Her point, supported by hundreds of footnoted citations, is that proper nutrition and sensible exercise will produce health at your biologically preordained weight. Ironically, it is a more effective approach to weight loss. Bacon's own study showed that this approach beat conventional diets every time.

In many ways, this is a paradigm–changing book that exhorts its readers to stop trying to defy biology and to not allow the scale to determine self–esteem. The message may not be well accepted by many who want to hold onto impossible dreams, or those who make a living selling those dreams.

— Steve Jacob

**Highlights:** *Health at Every Size, Benbella*