

ABOUT LINDA BACON, PHD

Like many men and women, Linda Bacon used to be preoccupied with her own weight. Bacon's pain and obsession about her weight fueled her determination to understand everything about weight regulation.

Bacon earned a master's degree in psychotherapy, with a specialty in eating disorders and body image, and began work as a psychotherapist. Her career led her to a greater understanding about herself and her relationship with food and weight. With questions still unanswered, Bacon went back to school to pursue a master's degree in exercise science, specializing in metabolism. Bacon continued to broaden her education and went on to complete a doctoral program in physiology with a focus in nutrition and weight regulation from the University of California, Davis.

Through all of her studies and research, Bacon continually stumbled across the same disconnect. The science of weight regulation directly contradicts cultural assumptions as well as those promoted by the "experts." Bacon's experiences and academic training led her to an entirely different paradigm in weight regulation, where she finally found relief from her painful preoccupation and developed a healthy and pleasurable relationship with her body and with food.

Bacon feels fortunate to have conquered her food and weight obsession, and empathizes with the many others engaged in their own personal battle with food and weight. She has dedicated her career towards helping others on that journey, designing the Health at Every Size program, which she tested meticulously in a clinical research study funded by the National Institutes of Health and co-sponsored by the U.S. Department of Agriculture. *Health at Every Size: The Surprising Truth About Your Weight* chronicles the remarkable findings of that study: that people can indeed overcome their weight problems and improve their health – without dieting, deprivation, or a focus on weight loss.

Bacon is currently a nutrition professor in the biology department at City College of San Francisco. She also serves as an associate nutritionist at the University of California, Davis and maintains a private consulting practice. A popular and compelling public speaker, she consistently draws large and enthusiastic crowds.

Bacon is well published in the scientific literature, has written articles for the *Los Angeles Times*, and has been cited as an expert in many publications, including *Allure Magazine*, *The Economist*, *First for Women*, *Health Magazine*, *Los Angeles Times*, *The New York Times*, *Prevention Magazine*, *Reuters*, *Self*, *Shape*, *U.S. News & World Report*, *The Washington Post*, *WebMD*, and *Women's Health*.