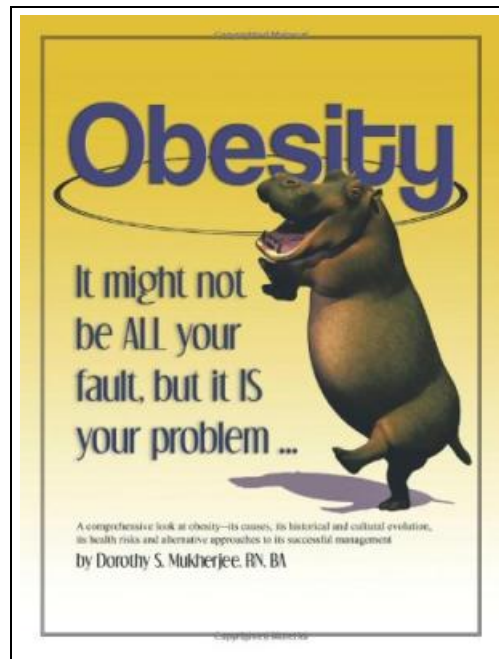


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Trafford Publishing, Canada, 2011. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Thirty percent of American adults and children are obese. This is not a joke, and though this is also not a scare tactic, it should be cause for alarm. But please, in responding to the alarm, do not go straight to your surgeon or pharmacologist-there are much, much better ways to stop and even reverse the problem of obesity. In Obesity: It Might Not Be ALL Your Fault, but It IS Your Problem, author Dorothy S. Mukherjee, RN, BA, gives us a guide to understanding obesity-its causes and its complications-and she shows us how to manage and address this epidemic. For anyone struggling with obesity or trying to avoid it, as well as for doctors, nurses, and therapists treating obesity, Mukherjee offers a detailed plan of attack, beginning with historical, cultural, and social influences and moving on to the numerous strategies for taking control of obesity and sustaining a healthy way of life. Mukherjee, who has struggled with similar challenges in her own life, writes in a conversational tone that makes even the most technical explanations accessible to everyone, and her activity and calorie charts offer a concrete place for us to begin. The serious medical problems related to obesity and what obesity means to our culture must be addressed. By building on our knowledge of obesity and using methodical, logical approaches, we can reach our desired levels of health and wellness-obesity can be defeated.



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