

Jason Fung's The Obesity Code: Key Takeaways & Analysis

author: Sumoreads

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Synopsis

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Please Note: This is a summary, analysis and review of the book and not the original book.

Extensive research makes *The Obesity Code* a time machine to back when Western countries became fat nations, an extensive exploration of the hormonal human body, an exposé of the pervasive myths that keep people fat, and a clear path to systematic weight loss.

This SUMOREADS Summary & Analysis offers supplementary material to *The Obesity Code: Unlocking the Secrets of Weight Loss* to help you distill the key takeaways, review the book's content, and further understand the writing style and overall themes from an editorial perspective. Whether you'd like to deepen your understanding, refresh your memory, or simply decide whether or not this book is for you, SUMOREADS Summary & Analysis is here to help. Absorb everything you need to know in under 20 minutes!

What does this SUMOREADS Summary & Analysis Include?

- Executive summary of the original book
- Editorial review
- Key takeaways and analysis from each section
- A short bio of the the authors

Original Book Summary Overview

In *The Obesity Code*, Jason Fung settles one of the most divisive debates of the last fifty years: what makes people fat, and what can the regular Joe do to cut some weight? He reframes obesity from a reprehensible disease of gluttony and sloth to a hormonal imbalance disorder than can be reversed with healthy choices and intermittent fasting.

Before You Buy: The purpose of this SUMOREADS Summary & Analysis is to help you decide if it's worth the time, money and effort reading the original book (if you haven't already). SUMOREADS has pulled out the essence - but only to help you ascertain the value of the book for yourself. This analysis is meant as a supplement to, and not a replacement for, *The Obesity Code*.

Reader's comments

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