



**Summary - Eat Fat Get Thin: By Mark Hyman -  
Why the Fat We Eat Is the Key to Sustained  
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## **Summary - Eat Fat Get Thin: By Mark Hyman - Why the Fat We Eat Is the Key to Sustained Weight Loss... (Eat Fat, Get Thin: A Complete Summary - Book, Paperback, Audiobook, Audible, Hardcover,)**

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### **Summary - Eat Fat Get Thin: By Mark Hyman - Why the Fat We Eat Is the Key to Sustained Weight Loss... (Eat Fat, Get Thin: A Complete Summary - Book, Paperback, Audiobook, Audible, Hardcover,) Sir. Summary**

Eat Fat, Get Thin - A Complete Summary! Eat Fat, Get Thin is a book written by Mark Hyman about a very unusual weight loss method. Most books that deal with this topic are written in more or less the same way: you need to eat less, work out, and your body should do the rest. The right word is definitely “should do,” because not all bodies react the same. But the pattern is always more or less unchanged. This book is radically different. Instead of suggesting that readers need to eat less in order to lose weight, the author says quite the opposite. That is why the book is named Eat Fat, Get Thin. But the problem that the author deals with is not only how to lose weight in the best possible way. Hyman also deals with the stigma regarding fat, because in almost every diet, fat is considered something negative that everyone who wants to lose weight should pay attention to. Eat Fat, Get Thin is a book that could help readers to perceive dieting differently. It is a book that studies diet and nutrition from a different angle. Whether that will be useful or not we will see in the summary section. But my belief is that the work of a physician, advocate and nutrition leader will exceed expectations. Here Is A Preview Of What You Will Get: -In Eat Fat, Get Thin , you will get a summarized version of the book. -In Eat Fat, Get Thin , you will find the book analyzed to further strengthen your knowledge. -In Eat Fat, Get Thin , you will get some fun multiple choice quizzes, along with answers to help you learn about the book. Get a copy, and learn everything about Eat Fat, Get Thin .

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