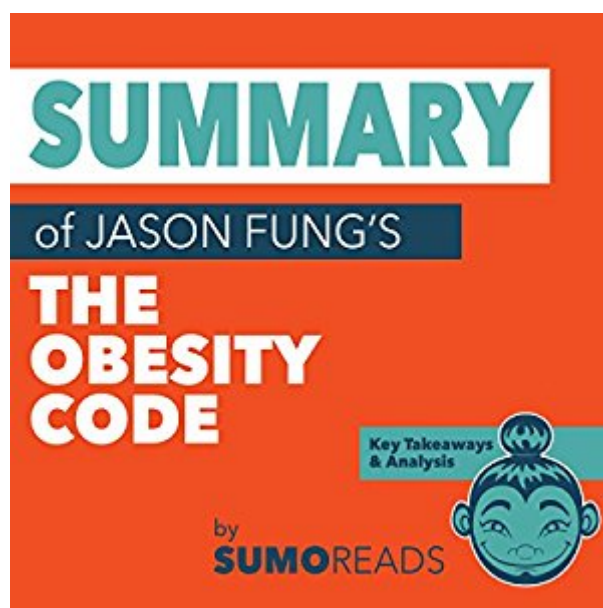


The book was found

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



Synopsis

Don't miss this summary of Jason Fung's groundbreaking book *The Obesity Code: Unlocking the Secrets of Weight Loss*. Fung's book will shatter everything you thought you knew about calories and weight gain while providing significant scientific evidence for his alternative theory. This summary provides key takeaways and analysis to help you quickly absorb the most pertinent aspects of his thoroughly researched book, allowing you to unlock the secrets to your own weight loss and metabolic health. What will you learn from this book? The dieting myths and half-truths that keep people hungry and lethargic with no weight loss to show for it How and why the incidence of obesity surged from the 1970s How the government and big food companies are complicit in the ballooning of the obesity epidemic Why obesity is a disorder of hormonal imbalance, not caloric imbalance or physical inactivity The meal choices and eating habits that raise insulin levels and make people fat How to reverse weight gain with healthy food choices and intermittent fasting

Book Summary Overview In "The Obesity Code," Jason Fung settles one of the most divisive debates of the last 50 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. This book is a must-listen for anyone who wants to shed off some extra weight without counting calories. Please note: This is a summary, analysis and review of the book and not the original book.

Book Information

Audible Audio Edition

Listening Length: 35 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: SUMOREADS

Audible.com Release Date: July 11, 2017

Whispersync for Voice: Ready

Language: English

ASIN: B073TMCSFQ

Best Sellers Rank: #19 in Books > Audible Audiobooks > Nonfiction > Study Aids #21 in Books > Audible Audiobooks > Fiction & Literature > Literary Criticism #200 in Books > Literature & Fiction > History & Criticism > Movements & Periods

Customer Reviews

Joke

SumoReads is a new offering in the book summary line, providing an overview of published books to enable a reader to get a preview of books before buying. Summary of Jason Fung's The Obesity Code is the first SumoReads book I read, and I must say, I was impressed. The executive summary of this book, which addresses the myths surrounding obesity and dieting, provided in itself an effective overview of the book, supported by detailed discussions of the book's main takeaways and an editorial review at the end. After reading this brief summary, you'll come away well-prepared to make a buy/don't buy decision about a book.

After reading the original book...this is a nice quick refresher when I need it. Very concise and written well. Great summary

Because Prime says the original book "Obesity Code" would not be shipped for 1-4 weeks, I decided to get the "Cliff Notes" version. This is really just a pamphlet, the core of it is 23 pages (pgs 6-29). Kinda pricey at \$7, IMHO, but if you want the gist of the book, I guess it's worth it, although all the info could be found online, under Jason Fung or Jimmy Moore.

I bought the audio book and found it quite interesting, but soon got bogged down with too much information. This summary helped me get the main points I was looking for. Really helpful!

good summary. very interesting topic for a peri-menopausal women who cannot lose weight.

A wealth of information. I can't wait to implement This! This was recommended by a local Dr., who has tested and tried this.

Loved the breakdown of the biochemical explanations. This certainly is contradicting "main steam" practice, however great research and I'm going to give it a try!

[Download to continue reading...](#)

Summary: The Obesity Code: Unlocking the Secrets of Weight Loss by Dr. Jason Fung and Timothy Noakes: Understand Main Takeaways and Analysis (Summary Takeaways ... Low Carb, Insulin Resistance, Vegan Diet) Summary of Jason Fung's The Obesity Code: Key Takeaways & Analysis Summary of the Obesity Code: By Jason Fung - Includes Analysis The Intelligent Investor:

The Definitive Book on Value Investing, by Benjamin Graham and Jason Zweig: Key Takeaways, Analysis & Review Summary - The Invention Of Wings: Novel By Sue Monk Kidd --- An Incredible Summary (The Invention Of Wings: An Incredible Summary-- Paperback, Hardcover, Summary, Audible, Novel, Audiobook Book 1) Summary of When Things Fall Apart: by Pema Chodron: Includes Key Takeaways & Analysis Summary of Mel Robbins The Five Second Rule: Key Takeaways & Analysis Summary of Grit by Angela Duckworth: Includes Key Takeaways & Analysis Summary of Feeling Good: by David D. Burns, M.D.: Includes Key Takeaways & Analysis Summary of Mindset by Carol Dweck: Includes Key Takeaways & Analysis Summary of Steven R. Gundry's The Plant Paradox: Key Takeaways & Analysis The 48 Laws of Power by Robert Greene: Summary, Key Takeaways & Analysis Summary - Creativity, Inc.: By Ed Catmull - Overcoming the Unseen Forces That Stand in the Way of True Inspiration (Creativity, Inc: A Complete Summary ... Book, Paperback, Hardcover, Summary Book 1) Summary - Circling the Sun: By Paula McLain - A Detailed Summary (Circling The Sun: A Detailed Summary---Paperback, Ebook, Novel, Audiobook, Audible, Hardcover) Cartel: A Jason King Thriller (The Jason King Files Book 1) Betrayed: A Jason King Thriller (Jason King Series Book 4) Isolated: A Jason King Thriller (Jason King Series Book 1) Hard Impact: A Jason King Operation (Jason King Series Book 0) The League of Governors: Chronicle Two-Jason in the Adventures of Jason Lex Overcoming Teen Obesity: How To Reverse Teen And Childhood Obesity Today

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)