

Summary of Why Diets Make Us Fat: by Sandra Aamodt Includes Analysis



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Summary of Why Diets Make Us Fat by Sandra Aamodt Includes Analysis Preview: Why Diets Make Us Fat by Sandra Aamodt debunks the fallacy that individuals can sustain significant weight loss through dieting and willpower. Although people tend to view diets as a matter of willpower, the true determinant in weight loss is not steely resolve to eat , but the brain’s regulation of a target weight, which is different for each individual. Dramatic weight loss is not a realistic, sustainable goal because the brain is intent on stabilizing a weight within a range of approximately 10 to 15 pounds of a set point. It’s far more difficult, and likely, to lower a set point, or sustain weight loss outside of this range, than it is to increase the higher end, or gain weight. Remaining above the upper limit for weight for too long can cause the brain to readjust and set that as the center of a new targeted range... PLEASE NOTE: This is key takeaways and analysis of the book and NOT the original book. Inside this Instaread Summary of Why Diets Make Us Fat: · Overview of the Book · Important People · Key Takeaways · Analysis of Key Takeaways About the Author With Instaread, you can get the key takeaways, summary and analysis of a book in 15 minutes. We read every chapter, identify the key takeaways and analyze them for your convenience.