

<<美国的肥胖经济 The Fatten>>

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内容概要

In *The Fattening of America*, renowned health economist Eric Finkelstein, along with business writer Laurie Zuckerman, reveal how the U.S. economy has become the driving force behind our expanding waistlines. Blending theory, research, and engaging personal anecdotes the authors discuss how declining food costs—especially for high-calorie, low-nutrient foods—and an increasing usage of technology, which make Americans more sedentary, has essentially led us to eat more calories than we burn off.

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书籍目录

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