



## Your Stomach Is A Liar Basic Nutrition, Weight Control and Misinterpreting Hunger

By Edward Goodrich

iUniverse, Inc. Paperback. Condition: New. 174 pages. Dimensions: 8.9in. x 6.0in. x 0.6in. For the slightly heavy person trying to understand how to lose a few extra pounds or the morbidly obese individual who desperately needs to shed much extra weight, Goodrich provides a review of some of the better known and some of the less well understood facts of nutrition, anatomy, and physiology. By providing sufficient background and without advocating one weight loss method or another, he suggests that body signals are frequently misinterpreted as hunger, and are often responsible for the obesity epidemic. Each of the twenty-three chapters is designed to stand alone. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.

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