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Workman Publishing, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book. In more than 100 short, compelling directives, Eat Bacon, Don t Jog shows why we should drop the carbs, embrace fat, and hang up our running shoes, with the latest science to back up its claims. Diet and Exercise make up the bulk of the book, with food addressed in essays such as Carbohydrate Primer - and why it s okay to eat less kale -...

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- · Authored by Grant Petersen
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