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Guardian Faber Publishing. Paperback. Book Condition: new. BRAND NEW, The Shape We're In: How Junk Food and Diets are Shortening Our Lives, Sarah Boseley, This demonization of the overweight by the media and politicians is unrelenting. Sarah Boseley, the Guardian's award-winning health editor, argues it's time we understood the complex reality of what makes us fat. Speaking to behavioral scientists and industry experts, yo-yo dieters and people who have gone under the knife, Boseley builds a picture of an obesogenic...

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- Authored by Sarah Boseley
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