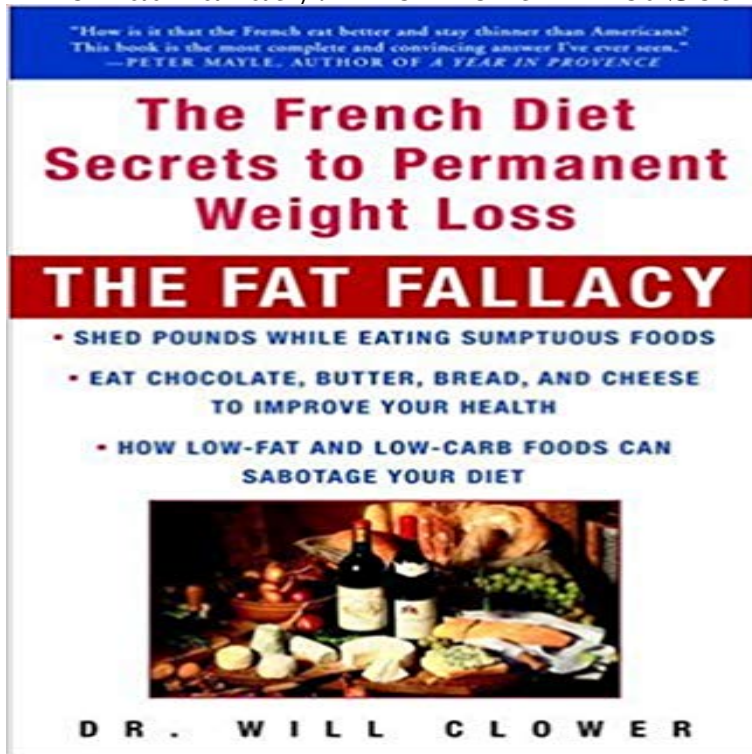


# The Fat Fallacy: The French Diet Secrets to Permanent Weight Loss



Fat is not the enemy! Croissants. Brioche. Brie. To the American palate, these foods are fattening and oftentimes forbidden. Yet they are the regular staples of the French diet. And though almost half of all Americans are overweight, France's obesity rate is at a low eight percent, while the French also boast fewer cases of stroke and heart disease. It's clear that America's obsession with low-fat and fat-free foods has ultimately failed. In *The Fat Fallacy*, neuroscientist Will Clower explains precisely why the American diet sabotages weight-loss efforts and discusses how French eating habits can lead to better health and trimmer physiques. In this revolutionary work, Dr. Clower explains: How highly processed fake foods are the real culprit in the American diet. Why it's not just what you eat but how you eat that makes a difference. Easy ways to adopt the habits of the French to melt the pounds away, including complete dinner recipes with dessert! Finally, here's a plan that cuts through the high-protein/low-fat debate. It's not a gimmicky diet program but a way of life that will invite Americans to enjoy food like never before while being healthier and trimmer than they ever could have imagined.

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