



Why We Get Fat: And What to Do About It by Gary Taubes | Key Takeaways, Analysis & Review

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PLEASE NOTE: THIS IS A COMPANION TO THE BOOK AND NOT THE ORIGINAL BOOK.

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Gary Taubes' *Why We Get Fat and What to do About it* addresses the main culprit responsible for people putting on too much weight, carbohydrate consumption. It also suggests the way to slim down, which is to simply stop eating carbohydrates...

This companion to Why We Get Fat includes:

- Overview of the book
- Important People
- Key Takeaways
- Analysis of Key Takeaways
- and much more!

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