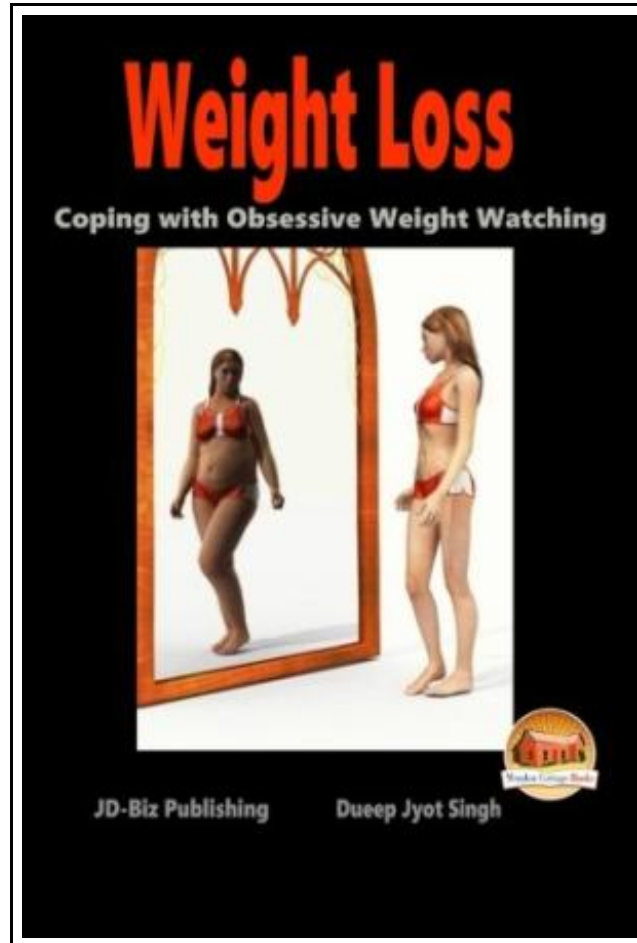


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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Table of Contents Weight Loss Coping with Obsessive Weight Watching Introduction Are You a Closet Weighing Scales Addict? Weight Reducing Clinics Eat this. Do not eat that. Driven to Look Good Optimum Weight Concept Are Weight Charts Right? Psychological Effect of Weight Chart Watching Body Mass Index - BMI Health risk of Slim People Other Factors Affecting Good Health Healthy and happy! Dos and Don ts While Weight Watching Eating Habit Disorders Conclusion Author Bio Publisher Introduction Did you know that more and more of us are getting obsessed with our weights, in the twenty first century? That is because the demands of society and the dictates of fashion have deemed it necessary for us to be as thin as telegraph poles in order to be considered attractive. This sort of obsession has appeared only in the twentieth century, after the First World War, when there was a dearth of food to eat, and half of the world was starving. It was then that the androgynous look was born, especially in matters of fashion, and people who were totally skeletal in form and figure were considered to be cool, hep, and with it. Time has gone by, the food availability situation has changed but still the notion that you need to be thin and slim with zero fat is still persisting in the mind, heart, body and soul of nearly everybody out there, who wants to be considered attractive, good-looking and desirable. Let me give you an example. Pick up any stupid soppy romantic fiction novel out there. Look at the hero. He is musclebound with zero fat. Look at the heroine - she is slim, thin, and...



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