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Thinfluence: Thin-Flu-Ence (Noun) the Powerful and Surprising Effect Friends, Family, Work, and Environment Have on Weight

By Walter Willett, Malissa Wood, Dan Childs

Audible Studios on Brilliance, United States, 2016. CD-Audio. Book Condition: New. Unabridged. 171 x 133 mm. Language: English . Brand New. How to recognize and combat the external factors that cause weight gain and make it difficult to lose weight Tackling a weight problem is often viewed as a personal responsibility that requires making healthier choices. The latest research, however, shows that external factors from family and friendships to advertising and the workplace environment have an equal, if not greater, impact on America's growing waistline. Just look at the stats: A person's chance of becoming obese increases by 57 percent if a close friend is obese, 40 percent if a sibling is obese, and 37 percent if a spouse is obese. That's where Thinfluence comes in. Through a research-based examination of the various social, environmental, and policy-based issues that are influencing the nation's health, Harvard researchers Dr. Walter Willett and Dr. Malissa Wood examine how relationships, workplace, media, and other factors are affecting listeners' weight. The book offers a clear three-step action plan: analyze, act, influence for listeners to identify hidden factors affecting weight, develop a personal toolbox to combat external effects, and become positive influences on others around them....



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