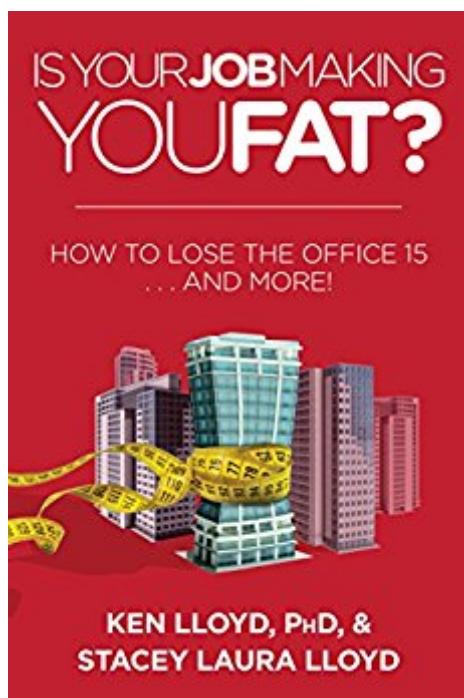


The book was found

Is Your Job Making You Fat?: How To Lose The Office 15 . . . And More!



Synopsis

The only thing that should be fat on your job is your paycheck. There is a huge worldwide obesity problem. While fads and quick-fix diets abound, they fail to address an important question in weight gain today: is your job making you fat? The answer is Yes. This bold assertion is based on a great deal of global research that continues to confirm a compelling relationship between working and weight gain. The powerful link between the workplace and the waistline is due to numerous factors, including the sedentary nature of today's jobs, the onslaught of unhealthy foods that are constantly foisted upon employees, higher levels of job stress, longer and more demanding work hours, peer pressure, new and unconventional jobs, and even more. Put it all together and you have the perfect storm for weight gain. *Is Your Job Making You Fat?* not only identifies and analyzes all of the central sources of weight gain associated with work, but also provides highly effective steps to control this ever-expanding problem and help you lose weight. Authors Ken and Stacey Lloyd offer a new approach where you apply your businesslike mindset and skill-set to weight management. After all, at work, you have a plan that includes objectives, benchmark dates, strategies, priorities, deadlines, and measurable results. This book shows you how to use this same methodology to take charge of your weight.

Book Information

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Customer Reviews

The whole book needs to trim down significantly. For every good point made, the authors made it again, in a different way. There was nothing very illuminating about the advice (don't eat the free donuts... move more) and I was troubled by some of the nutritional suggestions (example: eat low-fat yogurt, without the accompanying warning to look out for all the hidden sugar). In fact, I couldn't see from the authors' bios that they were really qualified to be giving nutritional advice. Overall, there was nothing here you wouldn't read in a decent article in a women's health magazine. Oh, and approximately one-fifth of the page count is taken up by the index and further reading. Too hefty.

I LOVE this book and listen to it again and again. I work in the fitness industry, so I know a bit about eating right and healthy habits. But it's hard, right? Ken and Stacey not only bring you innovative and Do-able ideas for how to get through the workday without gaining weight, but the book is so funny and entertaining too! I can't recommend it enough and think every workplace should have this roadmap for employees to be healthy and feel good in today's working world instead of getting sucked in to the sweets for stress and celebrations and everything else. This is for everyone no matter where you work - read it. Enjoy it. Feel great and lose weight. They make it easy.

This book shows you all of the ways that your job causes you to gain weight, and it's filled with facts and info that you probably never knew. The weight loss methods described in the book make sense and actually work. If you have a job, you should have this book.

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