

Discover the cutting-edge science behind long-term weight-loss success in this powerful new book from the *New York Times* bestselling author of *How Not to Die*.

Every month seems to bring a trendy new diet or weight-loss fad, yet the obesity rate continues to rise—and with it a growing number of diseases and health problems. It's time for a different approach.

Enter Dr. Michael Greger, the internationally renowned nutrition expert, physician, and founder of NutritionFacts.org. Author of the mega bestselling *How Not to Die*, Dr. Greger now turns his attention to the latest research on the leading causes of—and remedies for—obesity.

Dr. Greger homes in on the optimal criteria to enable weight loss, while considering how certain foods affect our health and longevity. He lays out the key ingredients of the ideal weight-loss diet—factors such as calorie density, the insulin index, and the impact of foods on our gut microbiome—showing how plant-based eating is crucial to our success.

But *How Not to Diet* goes beyond food to identify twenty-one weight-loss accelerators available to our bodies, incorporating the latest discoveries in cutting-edge areas like chronobiology to reveal the factors that maximize our natural fat-burning capabilities. Dr. Greger builds the ultimate weight-loss guide from the ground up, taking a timeless, proactive approach that can stand up to any new trend.

Chock-full of actionable advice and groundbreaking dietary research, *How Not to Diet* will put an end to dieting—and replace those constant weight-loss struggles with a simple, healthy, sustainable lifestyle.

A founding member and fellow of the American College of Lifestyle Medicine, **DR. MICHAEL GREGER** is a physician, *New York Times* bestselling author, and internationally recognized speaker on nutrition, food safety, and public health issues. He runs the popular website NutritionFacts.org, a nonprofit science-based public service site providing free daily updates on the latest in nutrition research. All the proceeds he receives from his books and speaking are donated to charity.

READ BY THE AUTHOR

A BONUS PDF OF ACCOMPANYING MATERIALS IS AVAILABLE UPON REQUEST. PLEASE CONTACT PLAYAWAY CUSTOMER SERVICE AT CUSTOMERSERVICE@FINDAWAY.COM



Running Time: Approx. 24 Hours • Unabridged

© 2019 by NutritionFacts.org Inc. © 2019 by Macmillan Audio, 120 Broadway, New York, NY 10271. Package design by Hayden Biggs, adapted from jacket design by Jason Gabbert. www.macmillanaudio.com

PLAYAWAY®

Playaway pre-loaded audiobooks are the best way to listen, unplugged and uninterrupted.

WWW.PLAYAWAY.COM

© 2019 Playaway. Patented. All rights reserved. Designed in Ohio. Made in China.

39674
ISBN 978-1-250-76287-0



LIGHT

PLAYAWAY®

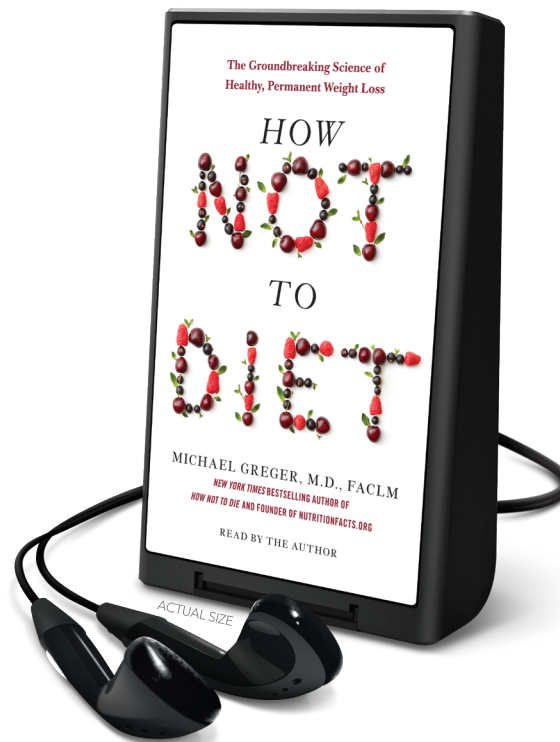
HOW
NOT
TO
DIET

MICHAEL
GREGER, M.D.,

FACLM

READ BY
THE AUTHOR

PLAYAWAY®
THE ALL-IN-ONE AUDIOBOOK



HD LIGHT

PLAYAWAY® and associated logos are registered trademarks of Findaway World, LLC. 31999 Aurora Road, Solon, OH 44139 USA