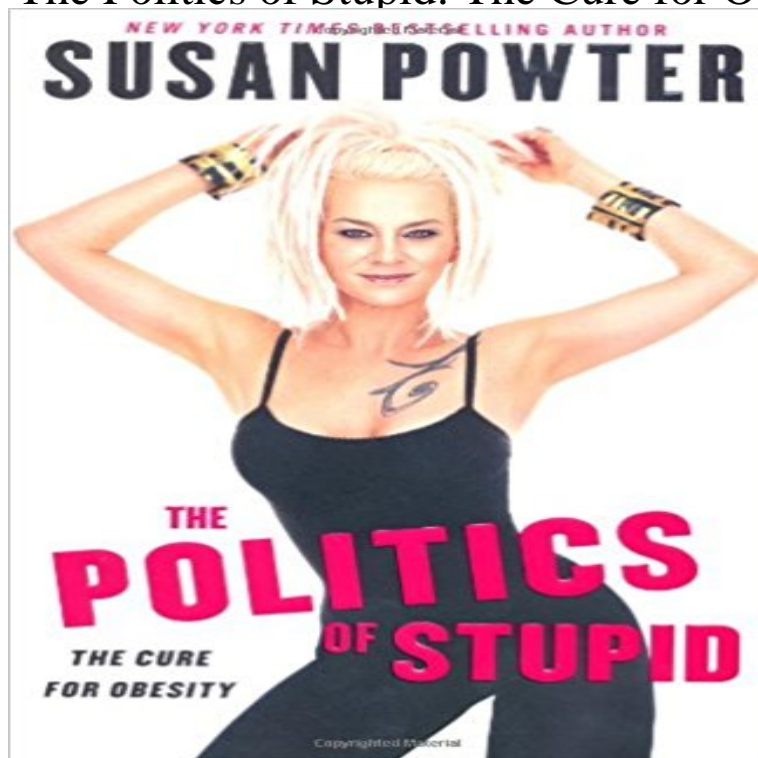


The Politics of Stupid: The Cure for Obesity



Susan Powter is back with her finest work yet! The Politics of Stupid is a revolutionary weight-loss program that shows people how they can reclaim their bodies and their brains. From food manufacturers to huge government lobbies to the fitness and diet industries, Powter illuminates why obesity is epidemic, and why millions of people are suffering the unnecessary consequences of being overfat and unfit. Inside this book you will learn: Who is the most powerful consumer in Americas \$276 billion food industry. Susan Powters Lifestyle X-change program -- a revolutionary, interactive Web-supported program that tells the simple truth about weight loss and is refreshingly Susan Powter. How to motivate yourself to perform thirty minutes of regular cardio and strength training six days a week and achieve maximum results!

With outrageous, uproarious humor that is Susans trademark style, The Politics of Stupid is ultimately Susans real-life, commonsense approach to weight loss. Readers will find she is Stopping the Insanity better than ever!

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