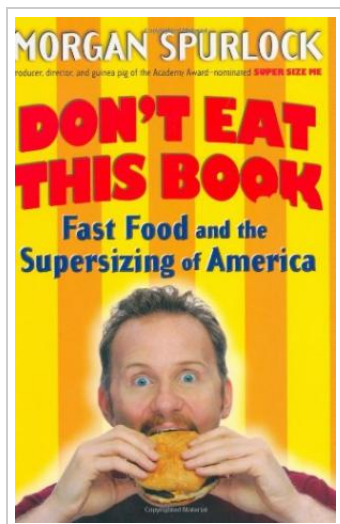




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Don t Eat This Book (Hardback)

By Morgan Spurlock

Putnam Adult, United States, 2005. Hardback. Book Condition: New. 231 x 157 mm. Language: English . Brand New Book. The literary debut of the funniest and most incisive new voice to come along since Michael Moore-and the acclaimed director of the film phenomenon of the year. Can man live on fast food alone? Morgan Spurlock tried to do just that. For thirty days, he ate nothing but three squares a day from McDonald s as part of an investigation into the effects of fast food on American health. The resulting documentary won him resounding applause and a worldwide release that broke box-office records. Audiences were captivated by Spurlock s experiment, during which he gained twenty-five pounds, his blood pressure skyrocketed, and his libido all but disappeared. But this story goes far beyond Spurlock s good-humored Mc-Sickness. He traveled across the country-into schools, hospitals, and people s homes -to investigate school lunch programs, the marketing of fast food, and the declining emphasis on health and physical education. He looks at why fast food is so tasty, cheap, and ultimately seductive, and what Americans can do to turn the rising tide of obesity, hypertension, and diabetes that have accompanied its ever-growing popularity....

Reviews

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