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## About The Book

### How We Became A Fat Planet

Obesity is a huge global problem. Not only for the health of the individual but for the health of our society. Economically we How We Became A Fat Planet just can't afford to continue How We Became A Fat Planet to eat our way to the next century and the long term future doesn't look that good if we all continue with the same behaviour and attitude towards food. But why, where and how did this problem begin? Scientists have said it is not our fault we overeat, so who's responsible for it?

This book brings together the history, the politics, and the science around how this problem began. It highlights the issue facing governments and the battle governments have faced with the mighty food industry. It also asks the question whose responsibility is it to deal with obesity? Is the answer in individuals who are categorised as obese or should it be changing the mindset which in turn would result in a change in behaviour, attitude towards food and How We Became A Fat Planet be less costly.

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This book has lots of interesting information and questions which need to be answered if the obesity problem is going to be solved. These questions How We Became A Fat Planet relate to all of us we can't ignore it, statistics prove that our eating habits are reaching epidemic proportions, so read this and make up your own mind where you think the answer lies.

### About The AUTHOR

A former overeater and serial dieter Christina Sarginson has developed and designed a technique which has proved successful for many of her clients. Her work involves putting the individual at the centre of the decisions they make around food and body image. She has designed a MindBody Impact (MBI) Canvas, which when applied allows the individual to create a How We Became A Fat Planet unique profile around their weight barriers. It teaches the individual in a practical way to use visual language to describe, challenge, and design their mind and body to combat weight and body image issues.

Christina has How We Became A Fat Planet used her experience and research of weight and How We Became A Fat Planet psychology to give an easy to understand approach to weight and body image. Teaching individuals how to use the MBI canvas to confront the psychological barriers to weight loss that have eluded them in the past making the difference between failure and successful weight loss. The technique is different and well thought through giving the individual the chance to have a pictorial view

Her website is [www.mindbodyimpact.com](http://www.mindbodyimpact.com)

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## Dedication

***For Mum***

## Introduction

# How We Became A Fat Planet

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