

**Big Fat Lies retails for \$, but we bought it for you! We just ask that you pay your shipping / handling to receive it (just \$ US) Your information is secure and will not be shared.*

Page 4 of 4 Discussion Questions 1. Why do you think Madeline becomes so angry about such a seemingly small injustice? Do you think Madeline is the kind of person who just looks for a fight, or do you think she was justified in feeling so upset? There is a lot of discussion about women and their looks. Jane observes that women over 40 are constantly talking about their age. She wanted to be above such superficial concerns. She wanted to be depressed about the state of the world. Why or why not? There are a lot of scenes in which the characters say they wish they could be violent: Jane says she wants to throw Ziggy into the wall when he has a tirade in the bathtub, that she would hit Renata if she was in front of her, and then she stops just short of kicking Harper. Or, rather, that feeling violent is a natural impulse but one that people learn to suppress? When Ziggy has to do his family tree, Madeline comments, "Why try to slot fractured families into neat little boxes in this day and age? When Jane recounts what happened the night she got pregnant, she focuses on what the man said rather than on what he did. Why does Jane feel more violated by two words "fat and ugly" than by the actual assault? Jane seems to think the answer is "Because we live in a beauty-obsessed society where the most important thing a woman can do is make herself attractive to men. The power of secrets is a theme throughout the novel. Gwen, the babysitter, seems to be the only one to suspect what is going on with Celeste and Perry. Do you think the author intended to intimate that perhaps Gwen had had an abusive husband or partner and that she left him? Bonnie says, "We see. Were you surprised to discover that all along Max had been seeing what Perry was doing to Celeste? What did you make of the interview snippets to the reporter? Do you think the author used them almost like a Greek chorus to make a point? Madeline muses, "Maybe it was actually an unspoken instant agreement between four women on the balcony: No woman should pay for the accidental death of that particular man. Maybe it was an involuntary, atavistic response to thousands of years of violence against women. Maybe it was for every rape, every brutal backhanded slap, every other Perry that had come before this one. Do you agree with what the women decided to do? At one point in the book, Susi says that, in Australia, one woman dies every week because of domestic violence. In the United States, more than three women are murdered by their husbands or boyfriends every day. Every nine seconds in the United States a woman is assaulted or beaten. Domestic violence is the leading cause of injury to women more than that caused by car accidents, muggings, and rapes combined. Are you surprised by these statistics? Madeline comments that "there were so many levels of evil in the world. Questions issued by publisher.

Chapter 2 : Big Little Lies - Discussion Questions

*Big Fat Lies [Kaelin Tuell Poulin] on www.nxgvision.com *FREE* shipping on qualifying offers. This book is NOT for those looking for some Hollywood headline diet program with endless promises of magic pills and quick fixes.*

Instead, you opt for the usual low-fat, low-calorie and oh-so-bland oatmeal. Now a new book, based on eight years of dogged research, echoes what more and more experts have been saying: A bias against these foods developed early on and became entrenched, though the evidence never amounted to a convincing case. If you have glucose in your system chronically over time, all day long, for weeks, months and years, you have insulin circulating constantly, which can lead to Type 2 diabetes, obesity and heart disease. The high-fructose corn syrup in many foods messes up your cholesterol markers. It causes the liver to make triglycerides and other lipids in the blood, which have a greater effect on your propensity to get heart disease. The combination of glucose and fructose packs a disease-promoting punch. Sure, sugar is terrible for your health – but a high-carb diet is less healthy generally. For example, we should still eat leafy green vegetables and other vitamin-rich plant products for good health. We should balance our animal-based foods with green vegetables, cauliflower, or mushrooms – all good vegetables that are fairly low in carbohydrates. What about whole milk – are you saying we should be drinking it? Whole milk is actually better for you than non-fat milk or skim milk, for one reason: Fat is good for you. In clinical trials a higher fat diet, in general, has been shown to be healthier than a low-fat diet. In milk, the fat is what allows your body to fully digest the fat-soluble vitamins A and D and the calcium. Fat is like the spoonful of medicine that makes the vitamins go down. What about ice cream? Where does that fall? There is some evidence showing the negative health effects of sugar are mitigated when consumed with fat. Have you gotten pushback? A decade ago, when I started my research, many scientists, nutritionists and others were much more closed to this. A science journalist named Gary Taubes really did the seminal work in this field. Over the last decade, scientists have been doing clinical trials that have started to show how much more effective a higher fat diet is than a low-fat diet, and that has started to move people. Cholesterol matters but not in the way we think it does. In the 60s, when saturated fat was first targeted, the understanding of cholesterol and heart disease was primitive – we only knew about total cholesterol, not LDL and HDL. The idea that saturated fats were bad became institutionalized at that time, but in the last 50 years or so the science of heart disease has evolved dramatically. Total cholesterol is not a predictor of heart attack or heart disease risk, it turns out, for the great majority of people, nor is LDL cholesterol. The heart disease marker field is penetrated by pharmaceutical money. Nutritional recommendations have gotten mucked up over the years by numerous conflicting interests. We now know that saturated fats are the only foods known to raise HDL cholesterol, a more reliable predictor of heart attacks than LDL. You say unsaturated vegetable oils when heated to high temperatures are dangerous - making fried foods a different story. When heated at high temperatures for long periods of time, these oils oxidize and degenerate into other products, causing inflammation and gastric damage. That is a question of scientific debate. By contrast, researchers have found people can eat huge numbers of calories when the foods are more carbohydrate-based, such as cookies, crackers and chips. One idea is that protein plus fat is more satiating, possibly because the body is getting the nutrients it needs. So by this thinking, the very nature of fat plus protein makes it hard to overeat. In the experiment that physician Alfred Pennington conducted, which I include in my book, 20 male executives reportedly ate calories a day but lost weight. Nearly all the trials on the Atkins diet over the past decade make no attempt to restrict calories at all, and people generally lose more weight than on low-fat, calorie restricted diets. Trials are going on now to try to pin this down more conclusively. You came to nutrition as an outsider – and researched all of the original studies and interviewed nearly every living nutrition expert in the U.S. Boil this down for us: Best meal for breakfast, based on your research? For lunch and dinner – best meals? For dinner, at the center of your meal should be some animal food like red meat, chicken or fish. Balance that with low-carb vegetables. Through it all, your unspoken message seems to be: Lose the guilt when it comes to eating fatty foods. These foods are delicious! And stay away from sugar, white flour, and other refined carbohydrates: Top Reads by The Fiscal Times:

Chapter 3 : Lies and the Lying Liars Who Tell Them - Wikipedia

Big Fat Lies led me to many research studies that reinforced my conclusions. In my belief, the insurance industry standard criteria, particularly regarding the use of BMI, should be opposed by any employee in the United States.

Chapter 4 : Books – Wake-Up Call Coaching

Big Fat Lies by Kaelin Tuell Poulin This book is not for those looking for some Hollywood headline diet program with endless promises of "magic pills" and "quick fixes". This book is not for those who want to continue in the energy draining cycle of losing weight only to gain it back again.

Chapter 5 : Big Fat Lies by David Gillespie

So in a world of diet books, nutrition books and exercise books, we have a book written by a lawyer (!) which claims that dieting makes you fat, the nutrition bodies of the world are lying to you, and exercise is a waste of time better spent reading his book.

Chapter 6 : The Big Fat Lie We've Been Fed About Our Diet | The Fiscal Times

Big Fat Lies will transform how you see weight loss. This book is not for those looking for some Hollywood headline diet program with endless promises of "magic pills" and "quick fixes". This book is not for those who want to continue in the energy draining cycle of losing weight only to gain it back again.

Chapter 7 : Big Fat Lies: The Truth About Your Weight and Your Health by Glenn A. Gaesser

Read book online: Big Fat Lies by David Gillespie. 'Diets and exercise won't help us lose weight. Vitamins and minerals are a waste of money and sometimes down.