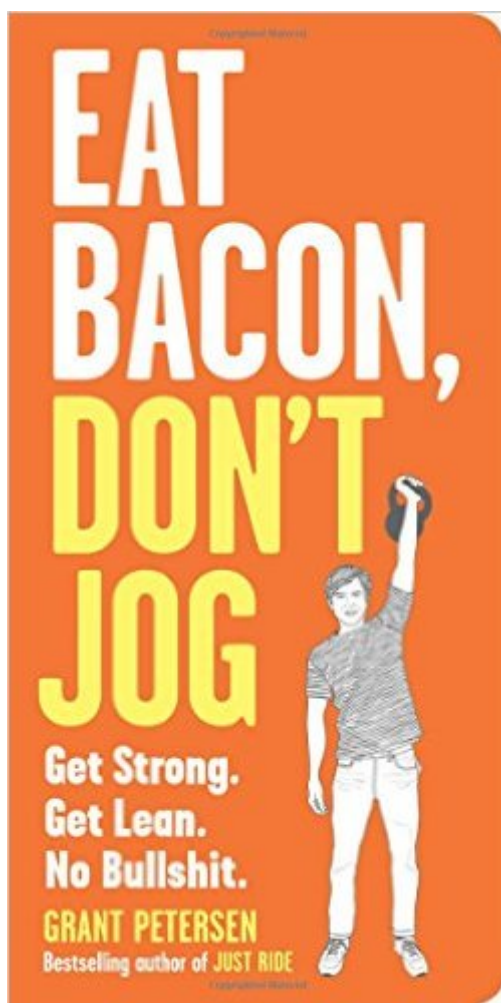


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# Eat Bacon, Don't Jog: Get Strong. Get Lean. No Bullshit.



## Synopsis

This is your brain on Grant Petersen: Every comfortable assumption you have about a subject is turned upside down, and by the time you finish reading you feel challenged, energized, and smarter. In *Just Ride*—the bible for bicycle riders—(Dave Eggers, *New York Times Book Review*)—Petersen debunked the bicycle racing “industrial complex” and led readers back to the simple joys of getting on a bike. In *Eat Bacon, Don’t Jog*, Petersen upends the last 30 years of conventional health wisdom to offer a clear path to weight loss and fitness. In more than 100 short, compelling directives, *Eat Bacon, Don’t Jog* shows why we should drop the carbs, embrace fat, and hang up our running shoes, with the latest science to back up its claims. *Diet and Exercise* make up the bulk of the book, with food addressed in essays such as “Carbohydrate Primer” and why it’s okay to eat less kale—and “You’ll Eat Less Often If You Eat More Fat.” The exercise chapters begin with “Don’t Jog” (it just makes you hungry and trains muscle to tolerate more jogging while raising stressors like cortisol) and lead to a series of interval-training exercises and a suite of kettlebell lifts that greatly enhance strength and endurance. The balance of the book explains the science of nutrition and includes more than a dozen simple and delicious carb-free recipes. Thirty years ago Grant Petersen was an oat-bran-, egg-white-, lean-meat-eating exercise fanatic who wasn’t in great shape despite all that. Today, at sixty, he is in the best shape of his life with the blood panel to prove it.

## Book Information

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## Customer Reviews

I was at a bookstore in Santa Cruz and the cover of this book caught my eye. Nice way to get

someone's attention! Anyway... I love the way the author, Grant Peterson writes. Simple and right to the point, no B.S. Everything from evolution of man to how our bodies work and what carbs do to our bodies. Some veggies are good, but not all. Sweet, starchy foods and bread. Ahhhh the American diet and what we were told to eat by Everyone!! I've eaten healthy and organic my whole life. I haven't had fast food in over 20 years and I've always exercised. I've counted calories 1,300-1,800 a day, yoga, walks, weights, jogging. Almost everyday I did something for the weight to drop off, for health. The weight didn't budge. What's wrong with making my own organic bread and baked corn chips? My organic smoothies with acai, goji, chia seeds, green powder, unsweetened almond milk and more healthy stuff. My oatmeal occasionally. Fresh whole fruit, all unprocessed foods, all fresh & local, all natural ingredients, you name it. I've been eating clean for almost 25 years. Carbs too, but the good ones right? Lean proteins, veggies, little carbs!!! Calories in calories out is bulls\*\*\*. Eat less exercise more. I've done that to the point of injury. In 7 months I lost Zero pounds. How frustrating!!! I took a class on holistic nutrition and with the knowledge I have about health, I should have been teaching the class. I aced every question & test. Well, moving forward... I've been eating the Peterson way for a few months now and I'm down 3 sizes!! I haven't weighed myself because I base my weight on how my clothes fit. I'm now fitting into my size 8 jeans that I haven't worn in years. I still have 2 more sizes to lose, I want to wear my favorite jeans again.. Ahhhh the feeling is amazing!!

This book has changed my life. It works. It works. It works. I was addicted to sweets and compensated by eating low calorie, tasteless meals. I was hungry all the time and had no energy. No amount of dieting or exercise could keep the weight off if I ate enough to feel satisfied. I saw this book and bought it on a whim because I thought it was a funny title. Oh my goodness! Following this plan, I have lost 8 pounds in 10 days. How is that possible? Even more, I feel GREAT. I have more energy, I am not hungry all the time, and I don't crave sugar at all. As a matter of fact, sugar almost makes me sick now. I realize that my sluggish behavior, tiredness, slight dizziness and nausea were all from too much sugar. Eating this way gives willpower like you would not believe, because you simply aren't hungry. When I do eat, it is delicious food. No more tasteless fake mayonnaise and low fat sour cream; I use the real thing! Favorite snack: sour cream with a little cocoa powder and a packet of Splenda. It is yummy, and only a little satisfies me. This is quite different than eating a cookie or piece of pie. . . . no matter how much you eat, you still want more. My favorite restaurant is Mexican food, and I can devour chips and salsa by the pound. On this plan, I was able to leave the chips sitting, order a giant taco salad (without shell) with plenty of meat, cheese, sour cream, and

guacamole, and dump my salsa on top of that. It is more than I can eat, and I had the willpower to leave the chips alone. I have never had willpower before. And best of all, this is just easy. No fancy recipes or calorie counting; just start eating as described. Within a few days, you will absolutely stop craving carbs and sugar, and the weight FALLS off.

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