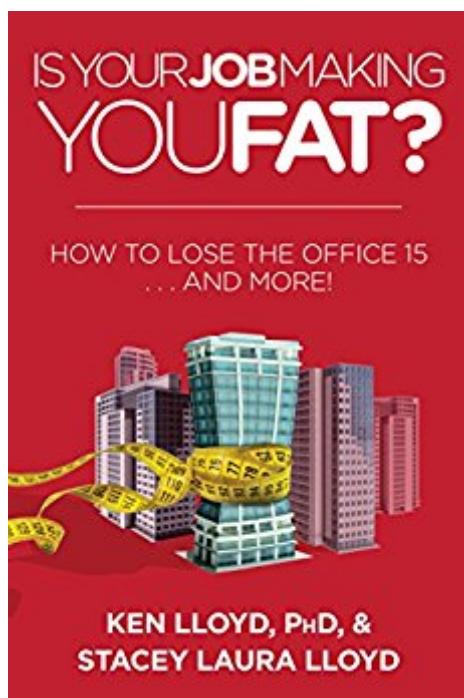


The book was found

Is Your Job Making You Fat?: How To Lose The Office 15 . . . And More!



Synopsis

The only thing that should be fat on your job is your paycheck. There is a huge worldwide obesity problem. While fads and quick-fix diets abound, they fail to address an important question in weight gain today: is your job making you fat? The answer is Yes. This bold assertion is based on a great deal of global research that continues to confirm a compelling relationship between working and weight gain. The powerful link between the workplace and the waistline is due to numerous factors, including the sedentary nature of today's jobs, the onslaught of unhealthy foods that are constantly foisted upon employees, higher levels of job stress, longer and more demanding work hours, peer pressure, new and unconventional jobs, and even more. Put it all together and you have the perfect storm for weight gain. *Is Your Job Making You Fat?* not only identifies and analyzes all of the central sources of weight gain associated with work, but also provides highly effective steps to control this ever-expanding problem and help you lose weight. Authors Ken and Stacey Lloyd offer a new approach where you apply your businesslike mindset and skill-set to weight management. After all, at work, you have a plan that includes objectives, benchmark dates, strategies, priorities, deadlines, and measurable results. This book shows you how to use this same methodology to take charge of your weight.

Book Information

File Size: 1788 KB

Print Length: 312 pages

Publisher: Skyhorse Publishing; 1 edition (February 2, 2016)

Publication Date: February 2, 2016

Sold by: Digital Services LLC

Language: English

ASIN: B01AMB3UG2

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #423,767 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #67 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Personal Health > Work-Related Health #120 in Books > Health, Fitness & Dieting > Exercise & Fitness > Injury Prevention

Customer Reviews

The whole book needs to trim down significantly. For every good point made, the authors made it again, in a different way. There was nothing very illuminating about the advice (don't eat the free donuts... move more) and I was troubled by some of the nutritional suggestions (example: eat low-fat yogurt, without the accompanying warning to look out for all the hidden sugar). In fact, I couldn't see from the authors' bios that they were really qualified to be giving nutritional advice. Overall, there was nothing here you wouldn't read in a decent article in a women's health magazine. Oh, and approximately one-fifth of the page count is taken up by the index and further reading. Too hefty.

I LOVE this book and listen to it again and again. I work in the fitness industry, so I know a bit about eating right and healthy habits. But it's hard, right? Ken and Stacey not only bring you innovative and Do-able ideas for how to get through the workday without gaining weight, but the book is so funny and entertaining too! I can't recommend it enough and think every workplace should have this roadmap for employees to be healthy and feel good in today's working world instead of getting sucked in to the sweets for stress and celebrations and everything else. This is for everyone no matter where you work - read it. Enjoy it. Feel great and lose weight. They make it easy.

This book shows you all of the ways that your job causes you to gain weight, and it's filled with facts and info that you probably never knew. The weight loss methods described in the book make sense and actually work. If you have a job, you should have this book.

[Download to continue reading...](#)

Is Your Job Making You Fat?: How to Lose the Office 15 . . . and More! Soap Making: 365 Days of Soap Making (Soap Making, Soap Making Books, Soap Making for Beginners, Soap Making Guide, Soap Making Recipes, Soap Making Supplies): Soap Making Recipes for 365 Days Walking: Weight Loss Motivation: Lose Weight, Burn Fat & Increase Metabolism (Walking, Walking to Lose Weight, Walking For Weight Loss, Workout Plan, Burn Fat, Lose Weight) Belly Fat: Blowout Belly Fat Clean Eating Guide to Lose Belly Fat Fast No Diet Healthy Eating (Eating Clean, Healthy Living, Gluten, Wheat Free, Low Fat, Grain Free Diet, Detox) (Live Fit Book 1) Belly Fat: The Healthy Eating Guide to Lose That Stubborn Belly Fat - No Exercise Required (Belly Fat, Healthy eating,

weight loss for women, low fat, ... wheat, detox, grain free, gluten free) Bundle: Illustrated Microsoft Office 365 & Office 2016: Fundamentals, Loose-leaf Version + MindTap Computing, 1 term (6 months) Printed Access Card ... Office 365 & Office 2016: Introductor Flat Belly Tea Cleanse: A Fast and Easy Approach on How to Lose Inches Off Your Waist, Boost Metabolism and Burn Excess Body Fat (7 day,tea cleanse,belly fat,diet,weight loss,lose,detox Book 1) Ketogenic Diet: 21 Days To Rapid Fat Loss, Unstoppable Energy And Upgrade Your Life - Lose Up To a Pound a day (Includes The Very BEST Fat Burning Recipes - FAT LOSS CRACKED) Your Office: Microsoft Access 2013, Comprehensive (Your Office for Office 2013) Wild Diet: WHOLESOME DIET FOR A WHOLESOME LIFE!: (the wild diet,No carbs diet,Low Carbs food list,high protein diet,rapid weigh loss,easy way to lose weight,how ... way to lose weight,how to lose body fat) The Organic Makeover Diet: 21-Day Program to Reset Your Hormones so You Can Lose Body Fat & Increase Energy Without Hunger! Drop 10 Lbs Fat in Just 3 Weeks. Weight Loss: 30 Days Weight Loss Challenge - Eat More Food Lose More Weight - Turn Your Weight Loss Vision Into Reality (How to Lose, Weight Loss Tips, Women, Weight Loss Nutrition, Diet Plan) Jewelry Making: Jewelry Making Instructions to Easily Create Beautiful Pendants, Bracelets, Earrings, and Necklaces (Jewelry Making Books, jewelry making for dummies, jewelry making tools) Jewelry Making: 33 Tips and Advices For Making Unique Earrings (jewelry making, jewelry making books, jewelry making kits) Conducting the Programmer Job Interview: The IT Manager Guide with Java, J2EE, C, C++, UNIX, PHP and Oracle interview questions! (IT Job Interview series) My American Job: The Foreign Worker's Ultimate Guide to Finding a Job and a Visa Sponsor in the United States Creative Job Superbook #7 Book 2. Sex Industry Job-Business Guide Making Mediation Your Day Job: How to Market Your ADR Business Using Mediation Principles You Already Know You'll Love This Book as Much as You Hate Your Job (someecards): 45 cards for decorating your cubicle, insulting coworkers, and justifying your excessive drinking. Belly Fat Diet Book [Second Edition]: Your Path to a True Belly Fat Cure, and Staying Belly Fat Free for Life

[Dmca](#)