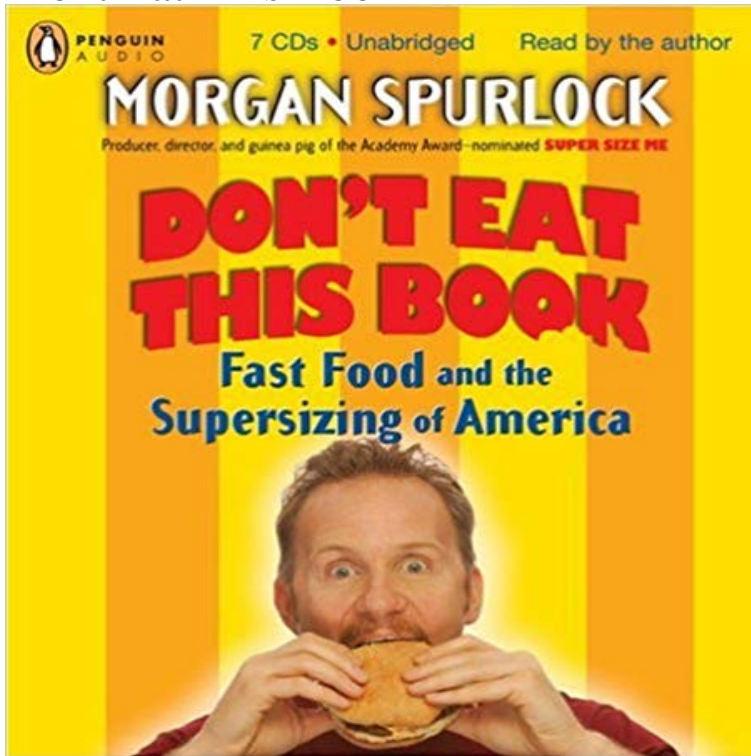


## Dont Eat This Book



For thirty days, Morgan Spurlock ate nothing but McDonalds as part of an investigation into the effects of fast food on American health. The resulting documentary earned him an Academy Award nomination and broke box-office records worldwide. But theres more to the story, and in Dont Eat This Book, Spurlock examines everything from school lunch programs and the marketing of fast food to the decline of physical education. He looks at why fast food is so tasty, cheap, and ultimately seductiveand interviews experts from surgeons general and kids to marketing gurus and lawmakers, who share their research and opinions on what we can do to offset a health crisis of supersized proportions. Dont eat this groundbreaking, hilarious bookbut if you care about your countrys health, your childrens, and your own, you better read it.

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