



The Politics of Stupid: The Cure for Obesity

Susan Power

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Susan Powter is back with her finest work yet! *The Politics of Stupid* is a revolutionary weight-loss program that shows people how they can reclaim their bodies and their brains. From food manufacturers to huge government lobbies to the fitness and diet industries, Powter illuminates why obesity is epidemic, and why millions of people are suffering the unnecessary consequences of being overfat and unfit. Inside this book you will learn:

Who is the most powerful consumer in America's \$276 billion food industry.

Susan Powter's Lifestyle X-change program -- a revolutionary, interactive Web-supported program that tells the simple truth about weight loss and is refreshingly Susan Powter.

How to motivate yourself to perform thirty minutes of regular cardio and strength training six days a week and achieve maximum results!

With outrageous, uproarious humor that is Susan's trademark style, *The Politics of Stupid* is ultimately Susan's real-life, commonsense approach to weight loss. Readers will find she is "Stopping the Insanity" better than ever!

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