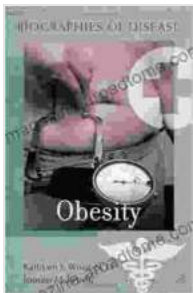


Obesity: A Disease with a Surprising History

Obesity is a complex disease that has plagued humans for centuries. In recent years, the obesity epidemic has reached alarming proportions, with over 600 million adults worldwide classified as obese. This has led to a significant increase in the prevalence of obesity-related diseases, such as heart disease, stroke, type 2 diabetes, and cancer.

In her new book, *Obesity: Biographies of a Disease*, historian Kathleen Wolin explores the long and fascinating history of obesity. Wolin argues that obesity is not simply a matter of individual choices or willpower, but rather a complex disease with deep historical roots.



Obesity (Biographies of Disease) by Kathleen Y. Wolin

★★★★★ 5 out of 5

Language : English

File size : 1705 KB

Text-to-Speech: Enabled

Screen Reader: Supported

Word Wise : Enabled

Print length : 160 pages



Wolin begins her book by tracing the origins of obesity to the Neolithic Revolution, when humans first began to cultivate crops and domesticate animals. This transition to a more sedentary lifestyle led to a significant increase in the availability of food, which in turn led to an increase in obesity.

Over the centuries, obesity has been viewed in different ways. In some cultures, it was seen as a sign of wealth and prosperity. In other cultures, it was seen as a sign of laziness and gluttony. In the early 20th century, obesity began to be seen as a medical problem, and a number of different treatments were developed, including diet, exercise, and surgery.

Despite these advances, the obesity epidemic has continued to grow. Wolin argues that this is due in part to the fact that we have not fully understood the historical roots of obesity. By understanding the history of obesity, we can better understand the disease and develop more effective strategies for prevention and treatment.

Obesity: Biographies of a Disease is a groundbreaking work that sheds new light on one of the most pressing health problems of our time. Wolin's book is a must-read for anyone who wants to understand the history of obesity and its impact on our health.

Table of Contents

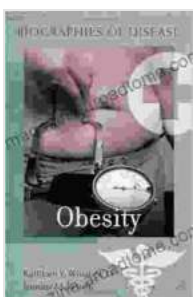
- 1.
2. The Neolithic Revolution and the Origins of Obesity
3. Obesity in the Ancient World
4. Obesity in the Middle Ages
5. Obesity in the Early Modern World
6. Obesity in the 19th and 20th Centuries
7. The Obesity Epidemic
- 8.

Reviews

"*Obesity: Biographies of a Disease* is a fascinating and informative book that sheds new light on one of the most pressing health problems of our time. Wolin's book is a must-read for anyone who wants to understand the history of obesity and its impact on our health." - **Dr. David Ludwig**, author of *Always Hungry?*

"Wolin's book is a valuable contribution to the field of obesity research. She provides a comprehensive and nuanced understanding of the history of obesity, and her work will be of great interest to scholars, policymakers, and the general public." - **Dr. Jennifer Baker**, author of *The Body Toxic*

"*Obesity: Biographies of a Disease* is a timely and important book. Wolin's work will help us to better understand the obesity epidemic and develop more effective strategies for prevention and treatment." - **Dr. Steven Blair**, author of *Physical Activity and Public Health*



Obesity (Biographies of Disease) by Kathleen Y. Wolin

★★★★★ 5 out of 5

Language : English

File size : 1705 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Word Wise : Enabled

Print length : 160 pages

FREE

DOWNLOAD E-BOOK





Learn to Make the Perfect Tapas Dishes Through the Amazing Recipes

If you're looking to learn how to make the perfect tapas dishes, then you need to check out this amazing book. With over 100 recipes, this book will...



Unlock the Secrets of Publishing Law: A Comprehensive Guide for Success

Embark on a literary journey where the complexities of publishing law are demystified in The Law In Plain English For Publishers. This indispensable guide empowers authors,...