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you do the opposite you will not live a healthy and happy life. I reccomend this to anyone interested in nutrition, health or obesity!

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Morgan stresses the importance of eating

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"Don't Eat this Book" is a follow up to the film, as Morgan Spurlock takes us through

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some of the backlash he experienced from the film (lobbyists, Fox News, restaurateurs), as well as more details he gleaned during his research for the film. Most damning is how evident the marketing of fast food is aimed at our children - and not just fast food

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Don't Eat This Book by Morgan Spurlock
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About Don ' t Eat This Book For thirty days, Morgan Spurlock ate nothing but McDonald ' s as part of an investigation into the effects of fast food on American health. The resulting documentary earned him an Academy Award nomination and

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broke box-office records worldwide.

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Morgan stresses the importance of eating
whole foods and home cooked meals.

"Don't Eat This Book's" message is simple;
If you eat good healthy food and exercise

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you will be a healthy person, if you do the opposite you will not live a healthy and happy life. I reccomend this to anyone interested in

Don't Eat This Book: Spurlock, Morgan:
9780143057314 ...

This book also continues after the movie

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Super Size Me where Morgan Spurlock (the author of this book) eats only McDonald food for a month. He and a crew also did testing on the food to find out what contents are in the McDonald food and the effects the food had on Morgan's body after the month. The results were not pretty.

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Don't Eat This Book: Fast Food and the
Supersizing of ...

"Don't Eat This Book" picks up where books like "Fast Food Nation" & "Fat Land" leave off. Although this is not a particularly quick read (and a bit dry), it is very informative. It is less about Morgan

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Spulocks debut film "Super-Size Me" and more about fast food, junk food over eating and nutrition. One

Don't Eat This Book: Spurlock, Morgan:
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Where Super Size Me was peppy and cheerfully incredulous, Don't Eat This

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Book reads more like a doomsday screed, heavy on the horror stories, accusations, and breast-beating, and light on the light...

Morgan Spurlock: Don't Eat This Book:
Fast Food And The ...

Morgan Spurlock tried to do just that. For thirty days, he ate nothing but three

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"squares" a day from McDonald's as part of an investigation into the effects of fast food on American health. The resulting documentary won him resounding applause and a worldwide release that broke box-office records.

Don't Eat This Book by Morgan Spurlock:

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Summary and reviews

Don't Eat This Book: Fast Food and the Supersizing of America (usually shortened to Don't Eat This Book) is a 2005 book by Morgan Spurlock.

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Supersizing of America by Spurlock,
Morgan and a great selection of related
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Don't Eat this Book by Morgan Spurlock -
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That? ” in Don ’ t Eat This Book by Morgan Spurlock and “ Escalating Dining: Is Mall Food Becoming Class? Slate by Sara Dickerman both authors express their views on how in the effort to sale their products marketers will do the most in attracting consumers.

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Don ' t Eat This Book by Morgan Spurlock Example | Graduateway
Morgan Spurlock's "Don't Eat This Book" may make many of its' readers change their minds next time they want to grab a quick meal at a fast food restaurant. Spurlock, who many people know from his Oscar-nominated documentary "Super

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Size Me," chose a different medium this time for his findings about the food industry.

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can eat coins, toys, cigars, cigarettes, rings, necklaces, lips, cars, babies, teeth, cameras, film, even underwear (which come in a variety of scents, sizes, styles and flavors). Why not a book?

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4

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Don't eat this book. We turn just about
everything you can imagine into food. You

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can eat coins, toys, cigars, cigarettes, rings, necklaces, lips, cars, babies, teeth, cameras, film, even underwear (which come in a variety of scents, sizes, styles and flavors). Why not a book?

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From the book jacket: Can man live on fast food alone? Morgan Spurlock tried to do just that. For thirty days, he ate nothing but three "squares" a day from McDonald's as part of an investigation into the effects of fast food on American health. He gained twenty-five pounds, his blood pressure skyrocketed, and his libido

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all but disappeared.

Review of Don't Eat This Book by
Morgan Spurlock

In this groundbreaking, hilarious book, "benevolent muckraker" Morgan Spurlock debuts a wry investigative voice that will appeal to anyone interested in the health

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of our country, our children, and
ourselves. ©2005 Morgan Spurlock
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