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## Eat Bacon, Don't Jog: Get Strong. Get Lean. No Bullshit.

By Grant Petersen

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**Eat Bacon, Don't Jog: Get Strong. Get Lean. No Bullshit.** By Grant Petersen

This is your brain on Grant Petersen: Every comfortable assumption you have about a subject is turned upside down, and by the time you finish reading you feel challenged, energized, and smarter. In *Just Ride*—“the bible for bicycle riders” (Dave Eggers, *New York Times Book Review*)—Petersen debunked the bicycle racing—industrial complex and led readers back to the simple joys of getting on a bike.

In *Eat Bacon, Don't Jog*, Petersen upends the last 30 years of conventional health wisdom to offer a clear path to weight loss and fitness. In more than 100 short, compelling directives, *Eat Bacon, Don't Jog* shows why we should drop the carbs, embrace fat, and hang up our running shoes, with the latest science to back up its claims.

Diet and Exercise make up the bulk of the book, with food addressed in essays such as “Carbohydrate Primer”—and why it’s okay to eat less kale—and “You’ll Eat Less Often If You Eat More Fat.” The exercise chapters begin with “Don’t Jog” (it just makes you hungry and trains muscle to tolerate more jogging while raising stressors like cortisol) and lead to a series of interval-training exercises and a suite of kettlebell lifts that greatly enhance strength and endurance.

The balance of the book explains the science of nutrition and includes more than a dozen simple and delicious carb-free recipes.

Thirty years ago Grant Petersen was an oat-bran-, egg-white-, lean-meat-eating exercise fanatic who wasn’t in great shape despite all that. Today, at sixty, he is in the best shape of his life with the blood panel to prove it.

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## **Eat Bacon, Don't Jog: Get Strong. Get Lean. No Bullshit. By Grant Petersen Bibliography**

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### **Editorial Review**

#### About the Author

Grant Petersen is the founder and owner of Rivendell Bicycle Works. He has been featured in *Outside* and *Men's Journal*, among other magazines. He lives with his family in Walnut Creek, California, and online at Rivbike.com.

### **Users Review**

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Why don't make it to become your habit? Right now, try to ready your time to do the important action, like looking for your favorite guide and reading a e-book. Beside you can solve your problem; you can add your knowledge by the reserve entitled Eat Bacon, Don't Jog: Get Strong. Get Lean. No Bullshit.. Try to face the book Eat Bacon, Don't Jog: Get Strong. Get Lean. No Bullshit. as your close friend. It means that it can to become your friend when you experience alone and beside associated with course make you smarter than before. Yeah, it is very fortunated for you. The book makes you more confidence because you can know every little thing by the book. So , we should make new experience as well as knowledge with this book.

##### **Nellie Kim:**

The book untitled Eat Bacon, Don't Jog: Get Strong. Get Lean. No Bullshit. contain a lot of information on this. The writer explains your ex idea with easy method. The language is very easy to understand all the people, so do definitely not worry, you can easy to read that. The book was written by famous author. The author will bring you in the new period of time of literary works. You can actually read this book because you can read on your smart phone, or model, so you can read the book in anywhere and anytime. In a situation you wish to purchase the e-book, you can open up their official web-site and also order it. Have a nice learn.

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**Greg Butler:**

That guide can make you to feel relax. That book Eat Bacon, Don't Jog: Get Strong. Get Lean. No Bullshit. was colourful and of course has pictures on there. As we know that book Eat Bacon, Don't Jog: Get Strong. Get Lean. No Bullshit. has many kinds or variety. Start from kids until teens. For example Naruto or Investigation company Conan you can read and think you are the character on there. So , not at all of book are generally make you bored, any it can make you feel happy, fun and loosen up. Try to choose the best book in your case and try to like reading this.

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