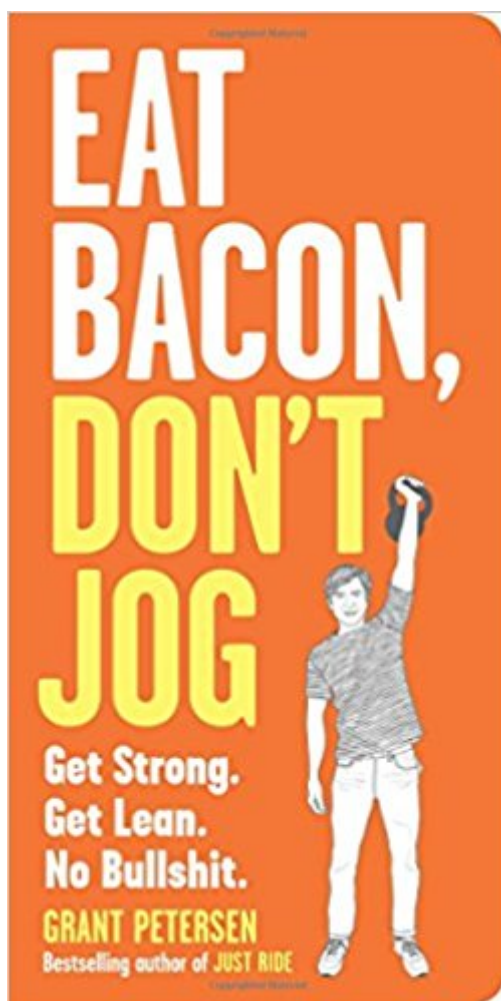


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# Eat Bacon, Don't Jog: Get Strong. Get Lean. No Bullshit.



## Synopsis

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.

## Book Information

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## Customer Reviews

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.

This book has absolutely changed my life. I received it on January 29 and by the time I had finished the first few pages, I decided that this was how I was eating from now on. Everything is explained in a way that makes sense and I became angry that I had been lied to my entire life about low calorie and low fat being the way to go. The first 3 weeks I lost 10 lbs. It's now been about 6 months and I've lost 26 lbs with zero exercise. I have about 8 lbs to go so I will incorporate some of the HIIT techniques described in the book to try to get the last few lbs off. I have hypoglycemia and used to always get "hangry" when my blood sugar dropped. I have had zero hangry episodes and I don't plan my day around when I have to eat to keep from feeling sick. I also used to battle "bacne" and within a week of cutting out sugars and processed foods, my back is completely clear and I have had no breakouts. Highly recommend this book to everyone! The first 2-3 days of eating this way are kind of rough, but once you power through you'll be so glad that you did!

This book has changed my life. It works. It works. It works. I was addicted to sweets and compensated by eating low calorie, tasteless meals. I was hungry all the time and had no energy. No amount of dieting or exercise could keep the weight off if I ate enough to feel satisfied. I saw this book and bought it on a whim because I thought it was a funny title. Oh my goodness! Following this plan, I have lost 8 pounds in 10 days. How is that possible? Even more, I feel GREAT. I have more energy, I am not hungry all the time, and I don't crave sugar at all. As a matter of fact, sugar almost makes me sick now. I realize that my sluggish behavior, tiredness, slight dizziness and nausea were all from too much sugar. Eating this way gives willpower like you would not believe, because you simply aren't hungry. When I do eat, it is delicious food. No more tasteless fake mayonnaise and low fat sour cream; I use the real thing! Favorite snack: sour cream with a little cocoa powder and a packet of Splenda. It is yummy, and only a little satisfies me. This is quite different than eating a cookie or piece of pie. . . . no matter how much you eat, you still want more. My favorite restaurant is Mexican food, and I can devour chips and salsa by the pound. On this plan, I was able to leave the chips sitting, order a giant taco salad (without shell) with plenty of meat, cheese, sour cream, and guacamole, and dump my salsa on top of that. It is more than I can eat, and I had the willpower to leave the chips alone. I have never had willpower before. And best of all, this is just easy. No fancy recipes or calorie counting; just start eating as described. Within a few days, you will absolutely

stop craving carbs and sugar, and the weight FALLS off. I don't feel that this is a diet at all, and I know I can stay on this plan indefinitely. Update: 2 months later. . . I have lost 20 pounds in exactly 60 days, almost effortlessly. I just had my annual bloodwork done, and my cholesterol is down 54 points (with no meds at all) and my triglycerides (the bad cholesterol) are down 172 points  
!!!!!!!!!!!!!!!!!!!!!!

This book changed my life. Lost 50 pounds in 4 months. Back at my college weight at age 41. Much healthier and stronger, too. Only downsides is having to buy new clothes, especially new pants, and all of the extra attention from the fairer sex. Even though I reached my original goal, I am sticking with this way of eating (but not as strictly) because my system runs more smoothly when I do. My original review and update below: I read the book in two hours, re-read it bit by bit. I've been following the eating advice to the letter and have lost 17 pounds in 17 days. I started at 234 and am now at 217. I'm fairly athletic, and pound a day is bound to slow down at some point, but whoa! And I've been exercising less than normal for these 17 days. And my meals are delicious. I need to do more of the strength exercises but I'm pretty active. Most interestingly, I'm hardly ever tired, or hungry. And my BMs are smaller, less frequent, and cleaner. Peterson lays down the science in a simple, conversational and funny tone. He guides you firmly, but not didactically, towards a way of eating that is scientifically and evolutionarily sound. He also pulls no punches on why modern food is so problematic. There are so many great bits of advice here, so clearly presented. Highly recommended. Update: Have now been at it for 55 days and have lost over 38 pounds. Now under two bills for the first time in a dozen-plus years. But more important than losing weight are all the other health benefits - better blood work, energy, strength, no hunger pangs, and just feeling better all around. Gee, when you stop feeding your body what it was never meant to process, it feels like you've quit poisoning yourself for 40 years! I'd like to give Grant Petersen a big high five. Also, five minutes a day of the strength exercises is making me noticeably stronger already. Can't believe how quickly this has worked for me. YMMV

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