

# Smart People Don't Diet

By Charlotte Markey



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By Charlotte Markey & Jessica Schulz. According to the Center for Disease Control and Prevention(1), the rate of obesity has substantially increased for both children

by Charlotte N. Markey Ph.D. I recently published the book, Smart People Don't Diet: How the Latest Science Can Help You Lose Weight Permanently (Da Capo-Lifelong

The latest Tweets from Charlotte Markey (@Char\_Markey). Author: Smart People Don't Diet; Charlotte Markey @ Char\_Markey. Author: Smart People Don't Diet;

Based on more than 100 years of research by scientists, doctors, nutritionists, and psychologists, Dr. Markey's plan addresses the underlying causes of weight gain

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