



Don't Eat This Book

Morgan Spurlock

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The literary debut of the funniest and most incisive new voice to come along since Michael Moore-and the acclaimed director of the film phenomenon of the year.

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. The resulting documentary won him resounding applause and a worldwide release that broke box-office records. Audiences were captivated by Spurlock's experiment, during which he gained twenty-five pounds, his blood pressure skyrocketed, and his libido all but disappeared.

But this story goes far beyond Spurlock's good-humored "Mc-Sickness." He traveled across the country-into schools, hospitals, and people's homes -to investigate school lunch programs, the marketing of fast food, and the declining emphasis on health and physical education. He looks at why fast food is so tasty, cheap, and ultimately seductive, and what Americans can do to turn the rising tide of obesity, hypertension, and diabetes that have accompanied its ever-growing popularity. He interviewed experts in twenty U.S. cities-from surgeon generals and kids to lawmakers and marketing gurus-who share their research, opinions, and "gut feelings" on our ever-expanding girth and what we can all do to offset a health crisis of supersized proportions.

In this groundbreaking, hilarious book, "benevolent muckraker" Morgan Spurlock debuts a wry investigative voice that will appeal to anyone interested in the health of our country, our children, and ourselves.

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