



Dr. Robert Atkins: The True Story of the Man Behind the War on Carbohydrates

By Lisa Angowski Rogak

Download now

Read Online 

Dr. Robert Atkins: The True Story of the Man Behind the War on Carbohydrates By Lisa Angowski Rogak

Only now, after his death, is Dr. Robert Atkins being recognized for his groundbreaking work in the field of diet and nutrition. While counting carbohydrates has become an everyday practice for the adherents to a low-carb, high-fat, high-protein plan, Atkins faced a lifetime of adversity from a medical establishment that scoffed at his radical ideas, even though they proved effective. But many questions still remain about the man and his methods: Was he really overweight when he died? Did he really believe everything he wrote, or was he driven by money and fame? And what happened to the Atkins empire after his death? These questions and more are answered in this revealing, fascinating glimpse into the public and private life of a unique and brilliant doctor and promoter who revolutionized the way we think about food.

 [Download Dr. Robert Atkins: The True Story of the Man Behin ...pdf](#)

 [Read Online Dr. Robert Atkins: The True Story of the Man Beh ...pdf](#)

Dr. Robert Atkins: The True Story of the Man Behind the War on Carbohydrates

By Lisa Angowski Rogak

Dr. Robert Atkins: The True Story of the Man Behind the War on Carbohydrates By Lisa Angowski Rogak

Only now, after his death, is Dr. Robert Atkins being recognized for his groundbreaking work in the field of diet and nutrition. While counting carbohydrates has become an everyday practice for the adherents to a low-carb, high-fat, high-protein plan, Atkins faced a lifetime of adversity from a medical establishment that scoffed at his radical ideas, even though they proved effective. But many questions still remain about the man and his methods: Was he really overweight when he died? Did he really believe everything he wrote, or was he driven by money and fame? And what happened to the Atkins empire after his death? These questions and more are answered in this revealing, fascinating glimpse into the public and private life of a unique and brilliant doctor and promoter who revolutionized the way we think about food.

Dr. Robert Atkins: The True Story of the Man Behind the War on Carbohydrates By Lisa Angowski Rogak **Bibliography**

- Sales Rank: #4129577 in Books
- Brand: Brand: Chamberlain Bros.
- Published on: 2005-12-28
- Released on: 2004-12-28
- Original language: English
- Number of items: 1
- Dimensions: 9.30" h x .96" w x 6.44" l,
- Binding: Hardcover
- 230 pages

 [Download Dr. Robert Atkins: The True Story of the Man Behin ...pdf](#)

 [Read Online Dr. Robert Atkins: The True Story of the Man Beh ...pdf](#)

Download and Read Free Online Dr. Robert Atkins: The True Story of the Man Behind the War on Carbohydrates By Lisa Angowski Rogak

Editorial Review

From Publishers Weekly

This disappointing bio isn't sure if it's meant to dig up and reveal scandal or to study a business/diet plan/trend in American culture and the man behind it. Atkins (1930–2003) is the man behind the low-carb diet mania, of course: the author of numerous books, creator of an eating plan that subverts conventional wisdom and no stranger to controversy. Rogak, who's written books on travel, pet care and Howard Dean, shares glimpses into Atkins's early life in Ohio, his longstanding interest in art and the way in which the low-carb lifestyle developed from a diet practiced by a small group of devotees to a thriving business that captured the attention of millions. Throughout, there's a tendency toward negativity; Rogak copiously quotes Atkins's former classmates and colleagues on the doctor's inflated sense of importance, as well as his consistent efforts to get nurses to go home with him (Rogak apparently did not interview Atkins's widow), although Rogak also says he is "greatly misunderstood." The author's inconsistency in clearly attributing the anecdotes and quotes she presents makes for disjointed reading. In the latter chapters—when Rogak relies more on interviews rather than speculation or quotes from former lovers and competitors—the text's rhythm is smoother. However, the book's uneven tone overall and scant sourcing will likely inspire more skepticism than satisfaction.

Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

About the Author

Lisa Rogak is the author of more than twenty-five books, on topics ranging from nutrition and wellness to cooking and politics. She has written for many newspapers and major magazines, and her books have been covered both by book industry writers and in off-the-book-page media. Her works have been reviewed and otherwise mentioned in *The Wall Street Journal*, *Parade* magazine, *USA Today*, *Family Circle*, and hundreds of other publications. She appeared on Oprah as the featured guest in a show about small towns, to promote her book *Moving to the Country Once and For All*.

Rogak's most recent book, *Howard Dean in His Own Words* (St. Martin's Press, 2003), made the BookSense Extended List in January 2004.

Users Review

From reader reviews:

Tony Edwin:

This Dr. Robert Atkins: The True Story of the Man Behind the War on Carbohydrates are usually reliable for you who want to be considered a successful person, why. The main reason of this Dr. Robert Atkins: The True Story of the Man Behind the War on Carbohydrates can be one of several great books you must have is definitely giving you more than just simple reading food but feed a person with information that possibly will shock your earlier knowledge. This book is usually handy, you can bring it just about everywhere and whenever your conditions in e-book and printed types. Beside that this Dr. Robert Atkins: The True Story of the Man Behind the War on Carbohydrates giving you an enormous of experience including rich vocabulary, giving you trial of critical thinking that we realize it useful in your day exercise. So , let's have it appreciate reading.

Leslie Hackett:

Reading a e-book can be one of a lot of task that everyone in the world likes. Do you like reading book and so. There are a lot of reasons why people like it. First reading a guide will give you a lot of new info. When you read a reserve you will get new information mainly because book is one of numerous ways to share the information or even their idea. Second, studying a book will make you more imaginative. When you reading a book especially fictional book the author will bring you to definitely imagine the story how the figures do it anything. Third, it is possible to share your knowledge to other individuals. When you read this Dr. Robert Atkins: The True Story of the Man Behind the War on Carbohydrates, you can tells your family, friends as well as soon about yours e-book. Your knowledge can inspire average, make them reading a e-book.

Linda Christopher:

With this era which is the greater person or who has ability in doing something more are more treasured than other. Do you want to become one of it? It is just simple way to have that. What you need to do is just spending your time not much but quite enough to enjoy a look at some books. One of many books in the top listing in your reading list is Dr. Robert Atkins: The True Story of the Man Behind the War on Carbohydrates. This book and that is qualified as The Hungry Inclines can get you closer in turning out to be precious person. By looking way up and review this e-book you can get many advantages.

Mark Hoffman:

As we know that book is important thing to add our information for everything. By a e-book we can know everything you want. A book is a set of written, printed, illustrated or even blank sheet. Every year was exactly added. This publication Dr. Robert Atkins: The True Story of the Man Behind the War on Carbohydrates was filled about science. Spend your spare time to add your knowledge about your technology competence. Some people has diverse feel when they reading the book. If you know how big good thing about a book, you can feel enjoy to read a book. In the modern era like at this point, many ways to get book that you wanted.

Download and Read Online Dr. Robert Atkins: The True Story of the Man Behind the War on Carbohydrates By Lisa Angowski Rogak #JNI1W2PEL7X

Read Dr. Robert Atkins: The True Story of the Man Behind the War on Carbohydrates By Lisa Angowski Rogak for online ebook

Dr. Robert Atkins: The True Story of the Man Behind the War on Carbohydrates By Lisa Angowski Rogak Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Dr. Robert Atkins: The True Story of the Man Behind the War on Carbohydrates By Lisa Angowski Rogak books to read online.

Online Dr. Robert Atkins: The True Story of the Man Behind the War on Carbohydrates By Lisa Angowski Rogak ebook PDF download

Dr. Robert Atkins: The True Story of the Man Behind the War on Carbohydrates By Lisa Angowski Rogak Doc

Dr. Robert Atkins: The True Story of the Man Behind the War on Carbohydrates By Lisa Angowski Rogak Mobipocket

Dr. Robert Atkins: The True Story of the Man Behind the War on Carbohydrates By Lisa Angowski Rogak EPub