



# Always Hungry?: Conquer Cravings, Retrain Your Fat Cells, and Lose Weight Permanently

*David S Ludwig MD*

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Inspired by the New York Times op-ed "Always Hungry," *Always Hungry?* will change everything readers ever thought about weight loss, diet, and health. Groundbreaking new research shows that calorie counting does not work for weight loss: one diet causes weight gain whereas another diet with the same calorie count doesn't. It's your fat cells that are to blame for causing excessive hunger and increased weight. By eating the wrong foods, our fat cells are triggered to take in too many calories for themselves, setting off a dangerous chain reaction of increased appetite and a slower metabolism. Now, Harvard Medical School's David Ludwig, MD, PhD, offers an impeccably researched diet that will turn dieting on its head, teaching readers to reprogram their fat cells, tame hunger, boost metabolism, and lose weight-for good.

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