1: Energy and the Human Machine

- Chapter 2: Food Power - Use and Storage
  - 2.1: The Bodily Energy Crisis
  - 2.2: Food and Body Fat as Fuel
  - 2.3: Why Do We Become Overfat?
  - 2.4: Trial By Calorie
  - 2.5: Summary
  - 2.6: Theories of the Causes of Obesity

- Chapter 3: Putting the Laws of Energy to Work
  - No image available
  - 3.1: How Many Calories Do We Need?
  - 3.2: How Much Should You Weigh?
3.3: Looking for More Work
○ 3.4: Appetite
○ 3.5: What Works?
○ 3.6: Psychological Aids to Weight Control
○ 3.7: Anorexia and Bulimia
○ 3.8: Summary
○ 3.9: Personal Stories