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Jonathan Bailor is a New York Times bestselling author and internationally recognized wellness expert who specializes in using modern science and technology to

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I recently read The Smarter Science of Slim, by Jonathan Bailor and published in 2012. Per Amazon.com s rating system, I give it four stars (I like it).

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The smarter science of slim workbook: experience

Jonathan Bailor spent the past decade collaborating with top doctors and researchers to analyze more than 10,000 pages of academic exercise and weight loss.

Fat head review: the smarter science of slim

Over my holiday break, I read an excellent new book on weight loss titled The Smarter Science of Slim. Jonathan Bailor, the author, has (according to the preface

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