

# **Diet, Fasting, And Anti-Establishmentarian Tactics**

**Post by “Martin” of August 24, 2019 at 11:49 PM**

Let me take some time (quite some time actually) to dig up something. From about 1985 to about 2016, I have mostly ignored popularized physics because I found it too diluted and misleading in my study. Meanwhile, I have read a few popular physics books written by physicists but not yet Stenger. He is on my path because of the recommendation by Alex.