Blog #3: Argument

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Due to the constant pressure to attain perfection and success in every field of life, an individual has no time to focus on his physical health and emotional well-being. When I was in high school, one of my friends had to live in a hostel because his family lived outside the city. As high school life is already tough and overwhelming owing to the constant struggle to attain good grades and secure admission in a prestigious college, there was no time for him to cook for himself. So he used to rely on fast food. Although, the majority of people are familiar with the dangers of eating fast food yet still people indulge in eating fast food from various fast-food chains.

I told my friend multiple times to stop eating fast food but he did not pay much attention. After some time, his health started to deteriorate and he had various psychological issues and developed dysfunctional eating habits. So I realized that it is necessary that being a friend, I must try to convince him to maintain a healthy lifestyle. So I chose the “logos” persuasion technique along with the “Pathos” technique to persuade him to quit eating fast food. We went to a park so that I could discuss the issue in an environment where he might not think that I am criticizing his food choices. I presented the research of author Ginny in which she linked fast food consumption with obesity, type 2 diabetes and various mental disorders (Garcia & Hinojosa, 2012). I told him that fast foods are greasy and salty and may increase blood pressure that will not only increase the risk of developing the cardiovascular disease but also affect kidneys.

I also suggested that I and our other friends would help him cook food and prep meals for a whole week on Sunday so that he could easily manage schoolwork.

I was successful in persuading my friend as I used both “pathos” and Logos” techniques to persuade him to quit fast food. I think that both the methods helped me while I was persuading my friend since solely presenting logic was not enough. A person also needs emotional support for healthier food choices.

**References**

Garcia, G., Sunil, T. S., & Hinojosa, P. (2012). The fast food and obesity link: consumption patterns and severity of obesity. *Obesity surgery*, *22*(5), 810-818.