## Why You Eat What You Eat: The Science Behind Our Relationship with Food PDF



by Rachel Herz PhD : **Why You Eat What You Eat: The Science Behind Our Relationship with Food** ISBN : #1681688735 | Date : 2017-12-26

Description :

PDF-00ffe | Why You Eat What You Eat examines the sensory, psychological, neuroscientific, and physiological factors that influence our eating habits. Rachel Herz uncovers the fascinating and surprising facts that affect food consumption: bringing reusable bags to the grocery store encourages us to buy more treats; our beliefs about food affect the number of calories we burn; TV alters how much we eat; and wh... *Why You Eat What You Eat: The Science Behind Our Relationship with Food* 



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