



Your Food Is Fooling You: How Your Brain Is Hijacked by Sugar, Fat, and Salt

David A. Kessler MD

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Teen edition of the *New York Times* bestseller, *The End of Overeating*

Former commissioner of the US Food and Drug Administration David A. Kessler, M.D., argues forcefully that our brain chemistry is being hijacked by the food we eat: that by consuming stimulating combinations of sugar, fat, and salt, we're conditioning our bodies to crave more sugar, fat, and salt—and consigning ourselves to a vicious cycle of overeating. Adapted from the adult trade bestseller *The End of Overeating*, *Your Food Is Fooling You* is concise and direct and delivers the same message, many of the fascinating case studies, and the same advice for breaking bad eating habits in a voice and format that's accessible, positive, and affirming for teenagers. Young people are at most risk of forming bad eating habits—but they're also highly aware of body image and highly responsive to positive messages about health and diet. *Your Food Is Fooling You* is a readable, authoritative, and entertaining call to action by one of our nation's leading public health figures.

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Christopher Hannah:

Your Food Is Fooling You: How Your Brain Is Hijacked by Sugar, Fat, and Salt can be one of your nice books that are good idea. We all recommend that straight away because this publication has good vocabulary that could increase your knowledge in vocab, easy to understand, bit entertaining but still delivering the information. The article author giving his/her effort to put every word into pleasure arrangement in writing Your Food Is Fooling You: How Your Brain Is Hijacked by Sugar, Fat, and Salt yet doesn't forget the main level, giving the reader the hottest along with based confirm resource info that maybe you can be among it. This great information can drawn you into brand new stage of crucial imagining.

Steven Deloatch:

This Your Food Is Fooling You: How Your Brain Is Hijacked by Sugar, Fat, and Salt is great book for you because the content and that is full of information for you who always deal with world and also have to make decision every minute. This specific book reveal it facts accurately using great manage word or we can point out no rambling sentences in it. So if you are read it hurriedly you can have whole data in it. Doesn't mean it only offers you straight forward sentences but challenging core information with wonderful delivering sentences. Having Your Food Is Fooling You: How Your Brain Is Hijacked by Sugar, Fat, and Salt in your hand like getting the world in your arm, data in it is not ridiculous a single. We can say that no guide that offer you world inside ten or fifteen tiny right but this publication already do that. So , this is good reading book. Hey Mr. and Mrs. busy do you still doubt this?

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