

THE END TO OVEREATING



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The End of Overeating is an invaluable contribution to the national conversation about the catastrophe that is the modern American diet. Michael Pollan, author of *In Defense of Food* David A. Kessler, who led the battle against the tobacco industry, now joins the fight against obesity.

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The End of Overeating explains for the first time why it is exceptionally difficult to resist certain foods and why it's so easy to overindulge. Dr. Kessler presents groundbreaking research, along with what is sure to be a controversial view inside the industry that continues to feed a our nation -- from popular brand manufacturers to advertisers, chain restaurants, and fast food franchises.

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David A Kessler The End of Overeating Taking Control of the Insatiable American Appetite

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It can change your entire eating experience in a positive way and be a major tool in avoiding overeating, says Julieanna Hever, MS, RD, CPT, a plant-based dietitian, and author of *The Vegiterranean Diet* and *The Complete Idiot's Guide to Plant-Based Nutrition*.

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Review The End of Overeating FoodAnthropology

Review: The End of Overeating. The stimuli of the food, mostly its taste, but also texture, temperature and other more fine grained taste activate neurons, when the neurons receive the stimuli, they are more activated and humans become conditioned to do more to acquire that higher level of the pleasurable neuro-chemical response.

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9781605294575 The End of Overeating Taking Control of

In *The End of Overeating*, Dr. Kessler shows us how our brain chemistry has been hijacked by the foods we most love to eat: those that contain stimulating combinations of fat, sugar, and salt.

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The end of overeating PubMed Central PMC

The end of overeating. In *The end of overeating: taking control of the insatiable American appetite*, David A. Kessler presents an engaging perspective of the obesity epidemic. About two-thirds of adults in the United States are overweight. The number of overweight and obese children is also growing at an alarming rate.

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A review of David Kessler's The End of Overeating

A review of David Kessler's *The End of Overeating* Last week I attended a health promotion conference in South Carolina. My flight book on the way there was David Kessler's *The End of Overeating*.

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