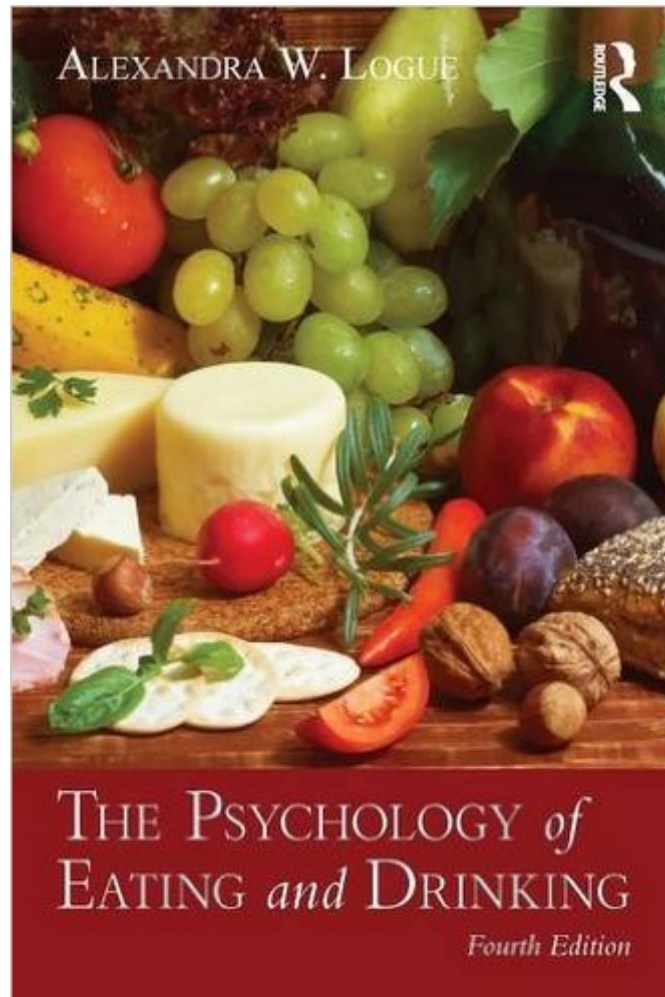


The book was found

# The Psychology Of Eating And Drinking



## Synopsis

Choice Recommended Read This insightful, thought-provoking, and engaging book explores the truth behind how and why we eat and drink what we do. Instead of promising easy answers to eliminating picky eating or weight loss, this book approaches controversial eating and drinking issues from a more useful perspective—explaining the facts to promote understanding of our bodies. The only book to provide an educated reader with a broad, scientific understanding of these topics, *The Psychology of Eating and Drinking* explores basic eating and drinking processes, such as hunger and taste, as well as how these concepts influence complex topics such as eating disorders, alcohol use, and cuisine. This new edition is grounded in the most up-to-date advances in scientific research on eating and drinking behaviors and will be of interest to anyone.

## Book Information

Paperback: 410 pages

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Product Dimensions: 0.8 x 6 x 9 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.0 out of 5 stars— See all reviews— (5 customer reviews)

Best Sellers Rank: #93,028 in Books (See Top 100 in Books) #120 in— Books > Health, Fitness & Dieting > Mental Health > Eating Disorders #153 in— Books > Textbooks > Social Sciences > Psychology > Clinical Psychology #207 in— Books > Textbooks > Social Sciences > Psychology > Psychopathology

## Customer Reviews

Logue makes this a very easy read, full of information behind eating habits, choices, society, and weight, and bits of surprising info as she goes along. The way she words things is a bit odd, as far as research goes, using the vague "researchers claim" and following it up with the research validating said "claim." It's a bit off-putting but not an overall detraction. I needed this and Jane Ogden's *The Psychology of Eating* for class- Ogden has been dry and statistical whereas Logue has no hesitation using "I think" and "you would wonder" pronouns. This is definitely one of the more entertaining psych texts I've come across.

A very interesting look into human behavior regarding food. Used as textbook for a course.

Great condition!

Great book.

i ordered this not knowing it was an e book and i have no actual way of opening this file would like a refund of my money so i can order a hard copy for my class

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Soup, Casserole, Slow Cooker and Skillet Recipes Inspired by The Mediterranean Diet (Free Quinoa Recipes) (Healthy Eating Made Easy Book 5) Clean Eating 28-Day Plan: A Healthy Cookbook and 4-Week Plan for Eating Clean VEGAN: Your Body, Your Friend: The Answer to Permanently Becoming Slim, Healthy, and Happy (Clean Eating, Cure Eating Disorders, incl. Vegan Recipes) (Vegan ... & Healing Based on Scientific Research) The Eating Disorders Sourcebook: A Comprehensive Guide to the Causes, Treatments, and Prevention of Eating Disorders (Sourcebooks) The Binge Eating and Compulsive Overeating Workbook: An Integrated Approach to Overcoming Disordered Eating (The New Harbinger Whole-Body Healing Series)

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