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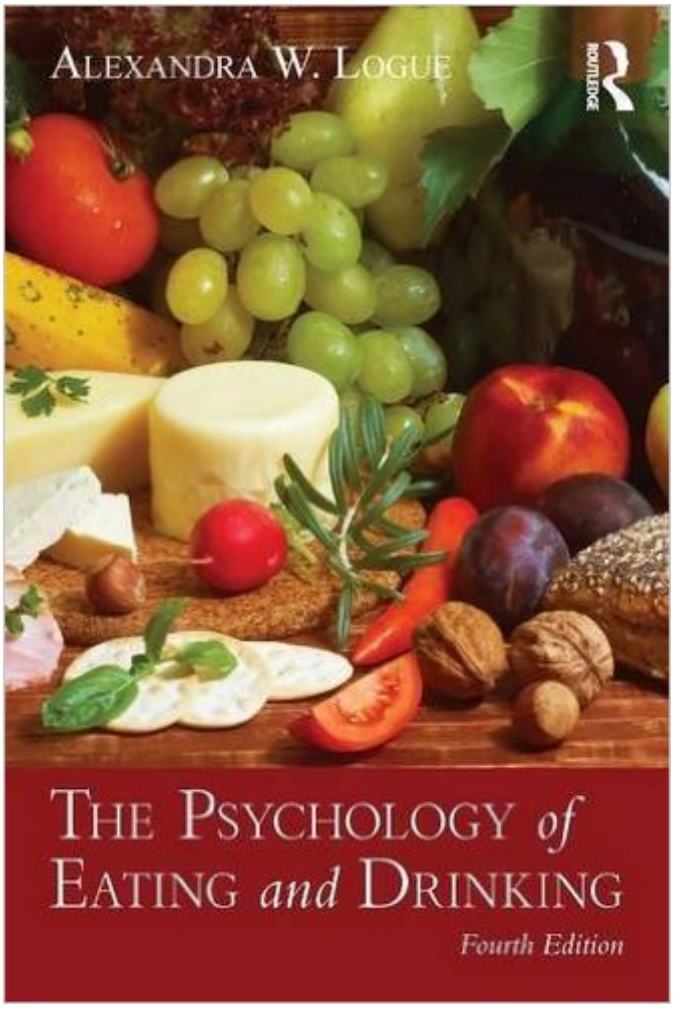
The Psychology Of Eating And Drinking



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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 perspectiveâ •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

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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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