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The Hungry Brain is a much-needed breath of fresh air bringing the science and evidence-based approach to weight management in an industry that has been deeply polluted with decades of dogmatism, fearmongering and pseudoscience. For all

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of you that know
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through cutting-edge
neuroscience that has
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audience. The Hungry
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insights into why the
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transforms these
insights into practical
guidelines for eating
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Published on Apr 24,
2017 In this episode,
Dr. Bubbs sits down
with expert
neuroscientist and
obesity researcher Dr.
Stephan Guyenet PhD
to talk about his new
book The Hungry Brain:
Outsmarting the...

The Hungry Brain: Outsmarting the Instincts that Make Us Overeat w/ Dr.

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Outsmarting The Instincts That Make Us Overeat

Stephan Guyenet

Choose foods with strong satiety signals from a moderate amount of calories: simple foods close to their natural state such as fresh meat, seafood, eggs, beans, lentils, vegetables, fruit, eggs
Get starch from potatoes, yams, squash, beans, oatmeal instead of flour-based baked goods Eat more protein, to a point.

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**Outsmarting the
Hungry Brain - Dr.
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Outsmarting the
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Interview with Stephan
Guyenet. The author of
The Hungry Brain:
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Overeat explains how
we're betrayed by our
very own brains, which
lead us to crave and
overeat foods that
aren't good for us. By.

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Outsmarting The Instincts That Make Us Overeat

Monica Reinagel, MS, LD/N, CNS. Nutrition Diva.

Outsmarting the Hungry Brain: An Interview with Stephan ...

In THE HUNGRY BRAIN: Outsmarting the Instincts that Make Us Overeat Guyenet deploys his humor, wit, and extensive research experience to explain the instinctive brain circuits that compel us

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to overeat. He shows

how those circuits expand our waistlines and undermine weight loss, and how we can use them to manage our weight more effectively.

[Transcript] - Why You Get Hungry & What To Do About It

...

The Hungry Brain:
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April 2017 by Dr

Stephan Guyenet

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The Hungry
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well and staying slim.

Along the way, it

explores how the
human brain works,

revealing how this
mysterious organ

makes us who we are.

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The Hungry Brain - Stephan Guyenet, PhD

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Overeat, 1st Edition is perfect for Dietitians and Nutritionists. It acts as Reference

Material for those students who are pursuing their courses in Nutrition and Health Care.

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In THE HUNGRY BRAIN: Outsmarting the Instincts that Make Us Overeat Guyenet

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Outsmarting The Instincts That Make Us Overeat

deploys his humor, wit, and extensive research experience to explain the instinctive brain circuits that compel us to overeat. He shows how those circuits expand our waistlines and undermine weight loss, and how we can use them to manage our weight more effectively.

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Overeat Stephan
Guyenet , Shizuka N.
Aoki From an obesity
and neuroscience
researcher with a
knack for engaging,
humorous storytelling,
The Hungry Brain uses
cutting-edge science to
answer the questions:
why do we overeat,
and what can we do
about it?

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The Hungry Brain: Outsmarting the Instincts That Make Us ...

The author of The Hungry Brain: Outsmarting the Instincts that Make us Overeat explains how we're betrayed by our very own brains, which lead us to crave and overeat foods that aren't good for us...

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Stephan ...**

Praise For The Hungry
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guidelines for eating well and staying slim. Along the way, it explores how the human brain works, revealing how this mysterious organ makes us who we are.

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The Hungry Brain is a much-needed breath of fresh air bringing the science and evidence-

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based approach to
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with decades of
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**The Hungry Brain |
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The Hungry Brain delivers profound insights into why the brain undermines our weight goals and transforms these insights into practical guidelines for eating well and staying slim. Along the way it explores how the human brain works, revealing how this mysterious organ makes us who we are.

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