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Written for an academic audience of food scholars, psychologists and nutritionists, *The Psychology of Overeating* demonstrates that overeating must be understood as part of the wider cultural problem of consumption and materialism.

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Drawing on empirical research, clinical case material and vivid examples from modern culture, The Psychology of Overeating demonstrates that overeating must be understood as part of the wider cultural problem of consumption and materialism.

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9 Psychological Reasons for Overeating and How to Stop

1. You're getting joy from food instead of life — it's called "hedonic eating" If you took food completely out of your...
2. Your busy lifestyle makes you eat too fast It take the body at least 20 minutes to register that it's full. Eating...
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eater – the heart, mind and soul
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Food Psychology: Understanding Eating Behavior & Habits

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The psychology behind compulsive overeating. By Andrea Boyarsky. For some, food is like an addiction, a way to take away their troubles. Like other “a-holics” such as those who engage in alcohol and substance abuse, overeaters use food as a coping strategy and soothing mechanism, despite the consequences of overindulging. This

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according to psychologist Dr. Stephen Wakschal, who said the habits that lead to compulsive overeating tend to start at an early age. "Kids are not taught to self

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The psychology behind compulsive overeating

With any eating disorder, eating and

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food is not the problem; it is the solution. As with alcohol or drugs, eating can be a temporary, but very powerful way to stave off unwanted and unmanageable...

The Truth About Overeating | Psychology Today

Nutrition alone is no longer adequate

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enough in addressing the compelling challenges we face with food, weight, body image, overeating and all of our metabolic concerns. Instead, we must fully embrace the psychology of the eater - the heart, mind and soul dimensions of what it means to truly nourish one's body and being.

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Does Anyone Know How to Stop Overeating? - Psychology of ...

In this presentation Carolyn describes a number of studies done by Psychologists using animal models, and later human models, to show the addictive properties of sugar. Sugar and highly-palatable...

Carolyn Rogers - 'The Psychology of

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Food & Overeating'

In The Psychology of Food Marketing and (Over)eating an unprecedented collection of research on food advertising and its effect on eating behavior is presented.

The Psychology of Food Marketing and Overeating - 1st ...

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Often enough, however, we feel defeated when the spirit is willing, but the flesh is weak. According to food psychologist Brian Wansink, two things determine whether a person overeats: Food choice...

3 Strategies to Stop Overeating | Psychology Today

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The body starts warming up its organs of digestion when you see food (or even think about food), and the process is further activated when you fully taste your food and your brain receives the message of enjoyment.

How do I Stop Overeating? - Psychology of Eating

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A distinction from Eating Psychology that can help you understand where so many of our food challenges stem from and how to work with them in a new and inspiring way In Book #2 You'll Discover: How the new field of Mind Body Nutrition is revolutionizing the way we understand nutrition.

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Free Ebook by The Institute for the Psychology of Eating ...

In this book, clinical psychologist Kima Cargill argues that 'overeating is not strictly a problem of food or eating—it is a problem of consuming. The constant and exclusive focus by the mass media on food, weight, and dieting ignores the larger systematic problem of how the

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culture of consumerism traps people in poverty, debt, nutritional confusion, metabolic dysfunction, and limitless desire'.

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About The Psychology of Overeating
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