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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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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. Customers Who Bought This Item Also Bought

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His name is Stephan Guyenet, and he's a neuroscientist, obesity researcher, and the author of The Hungry Brain: Outsmarting the Instincts That Make Us Overeat. We begin our conversation with what's changed in our country to turn obesity into an epidemic, and why Americans started gaining more weight in the 1970s.

The Hungry Brain: Outsmarting the Instincts That Make Us Overeat is a 2017 non-fiction book by Stephan J. Guyenet. Guyenet describes the mechanisms by which the brain regulates diet. Reviews. Publishers Weekly called it "insightful and important".

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Illuminating, entertaining, and empowering, The Hungry Brain is highly recommended.-- David L. Katz, M.D., Director of the Yale Prevention Research Center and author of Disease-Proof The Hungry Brain explains how a modern diet turns us into leptin-resistant junk food seeking zombies. Everyone with an interest in metabolism will enjoy Stephan ...

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