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# The Hungry Brain Outsmarting The Instincts That Make Us Overeat By Stephan J Guyenet

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**guyenet deploys his humor wit and extensive research experience to explain the instinctive**

**brain circuits that pel 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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**outsmarting the instincts that make us**

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*simple act of choosing what and when i ll eat*

*turns out i m hard wired to maximise food reward for*

*minimal effort"*

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**outsmarting the**

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stephan j guyenet  
shizuka a aoki even  
though we know better  
we often eat too much  
why does our behavior  
betray our own  
intentions to be lean and  
healthy no one wants to  
overeat and certainly no  
one wants to overeat for  
years'**

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nutrition and health care'*

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stephan guyenet phd  
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book the hungry brain i  
argue that the problem is  
not necessarily a lack of  
willpower or an incorrect  
understanding of what to  
eat rather our appetites  
and food choices are led  
astray by ancient  
instinctive brain circuits  
that play by the rules of a  
survival game that no  
longer exists'**

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*problem argues obesity  
and neuroscience  
researcher stephan j  
guyenet is not necessarily  
a lack of willpower or an  
incorrect understanding of  
what to eat rather our  
appetites and food choices  
are led astray by ancient  
instinctive brain circuits  
that play by the rules of a  
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delivers profound insights  
into why the brain  
undermines our weight  
goals and transforms  
these'

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illuminating entertaining  
and empowering the  
hungry brain is highly

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prevention research center  
and author of disease  
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explains how a modern  
diet turns us into leptin  
resistant junk food seeking  
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obesity researcher guyenet  
has written a remarkable  
book that approaches  
health and weight  
management not through  
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there s a lot of  
information crammed  
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shows how those circuits

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effectively'

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**'the hungry brain outsmarting the instincts that make us**  
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*April 9th, 2020 - 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 instincts that make us"***hungry brain reviews rating amp opinions add reviews com**

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scientific studies done on the topic and in the end the'

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