



Your Food Is Fooling You: How Your Brain Is Hijacked by Sugar, Fat, and Salt

David A. Kessler MD

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Teen edition of the *New York Times* bestseller, *The End of Overeating*

Former commissioner of the US Food and Drug Administration David A. Kessler, M.D., argues forcefully that our brain chemistry is being hijacked by the food we eat: that by consuming stimulating combinations of sugar, fat, and salt, we're conditioning our bodies to crave more sugar, fat, and salt—and consigning ourselves to a vicious cycle of overeating. Adapted from the adult trade bestseller *The End of Overeating*, *Your Food Is Fooling You* is concise and direct and delivers the same message, many of the fascinating case studies, and the same advice for breaking bad eating habits in a voice and format that's accessible, positive, and affirming for teenagers. Young people are at most risk of forming bad eating habits—but they're also highly aware of body image and highly responsive to positive messages about health and diet. *Your Food Is Fooling You* is a readable, authoritative, and entertaining call to action by one of our nation's leading public health figures.

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William Leininger:

Your Food Is Fooling You: How Your Brain Is Hijacked by Sugar, Fat, and Salt can be one of your nice books that are good idea. We recommend that straight away because this reserve has good vocabulary that will increase your knowledge in vocabulary, easy to understand, bit entertaining but delivering the information. The author giving his/her effort to put every word into enjoyment arrangement in writing Your Food Is Fooling You: How Your Brain Is Hijacked by Sugar, Fat, and Salt however doesn't forget the main point, giving the reader the hottest as well as based confirm resource details that maybe you can be one of it. This great information may drawn you into brand-new stage of crucial thinking.

Harold Singleton:

Is it an individual who having spare time in that case spend it whole day by means of watching television programs or just lying on the bed? Do you need something new? This Your Food Is Fooling You: How Your Brain Is Hijacked by Sugar, Fat, and Salt can be the solution, oh how comes? It's a book you know. You are thus out of date, spending your free time by reading in this brand new era is common not a nerd activity. So what these publications have than the others?

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