



Calm Energy: How People Regulate Mood with Food and Exercise

Robert E. Thayer

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Obesity is reaching alarming proportions. In this insightful new approach to understanding why this is happening, acclaimed mood scientist Robert Thayer offers a new appreciation of the real cause--emotional eating. But this is not just emotional eating as previously known; rather it is a new scientific analysis of exactly how different moods affect eating. He shows how unprecedented stress in society and epidemic levels of depression have led people to food as a poor means of managing mood. In this original approach, Thayer describes how people's daily energy and tension variations occur, and how this knowledge helps overcome the urge to eat the wrong food and to achieve the goal of "calm energy." Also, in this most up-to-date scientific analysis of exercise and mood, he shows how physical activity is essential to psychological and physical health, yet why it is resisted. Thayer's work has been discussed in hundreds of magazine and newspaper articles, and here he outlines in detail the cutting-edge theories and scientific research findings that have generated this extensive media attention.

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