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The Hungry Brain is necessary reading for anyone interested in optimizing their health and fitness, and for those who consult people on those topics I highly recommend this book, and commend Stephan Guyenet for this exceptional work Doug Brignole, Bodybuilding Champion Hungry Brain: Outsmarting the Instincts That Make Us Overeat is a

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The Hungry Brain: Outsmarting the Instincts That Make Us The Hungry Brain is a much-needed breath of fresh air bringing the science and evidence-based approach to weight management in an industry that has been deeply polluted with decades of dogmatism, fearmongering and pseudoscience

Health Beat - Meriden

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brain mechanisms of metabolism and food perception, which are also mediated by human subjectivity and cultural norms RATIONALE: The course invites students to consider the ways we are related to food, calories and our eating habits, and to examine perspectives on hunger and satiety across different cultural and social contexts On one level,

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