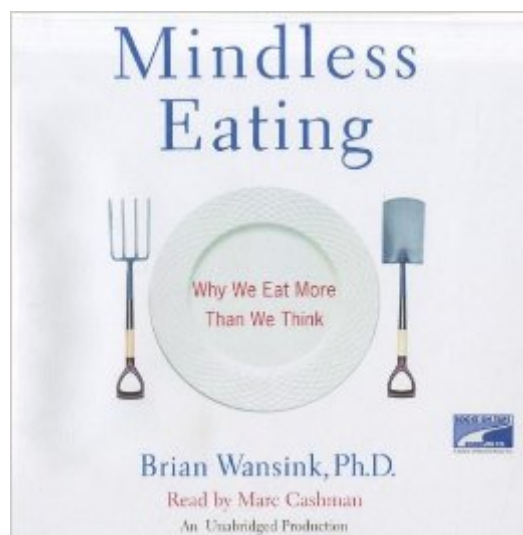


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# Mindless Eating: Why We Eat More Than We Think [UNABRIDGED] (Audio CD)



## Synopsis

Unabridged on 5 CDs

## Book Information

Audio CD

Publisher: Books on Tape (2006)

Language: English

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Product Dimensions: 6.7 x 6.6 x 1.1 inches

Shipping Weight: 10.4 ounces

Average Customer Review: 4.6 out of 5 stars [See all reviews](#) (486 customer reviews)

Best Sellers Rank: #2,319,419 in Books (See Top 100 in Books) #116 in [Books > Books on CD > Cooking, Food & Wine](#) #12934 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets](#) #75510 in [Books > Cookbooks, Food & Wine](#)

## Customer Reviews

Last November, 16 months after my son was born I was still carrying an extra 45 pounds. I bought this book just after Thanksgiving, read it, and took the author's advice to just try three of his suggestions. Five months later I have lost 35 pounds. And I am still losing. The author's point is that we don't monitor every calorie. We can't. Instead we work with cues to decide what to eat, and when to stop. Understand the cues, and you can change them to lower your daily calories. I enjoyed the tales of diet research, but I think what worked for me was the practical suggestions -- instead of trying to rein in my "emotional eating," I just bought smaller plates and started covering half of the plate with veggies. Sounds dumb, but now I serve dinner off of the salad plates, and I eat less without thinking about it. I especially like the insight that cutting 10 calories a day for a year equals one pound. I used to think of 50 calories here and 100 calories there as not really important, but now I realize they were adding up. I apply this insight to seconds and desserts and snacks. I pick up a 50 calorie cookie and I ask myself -- is this cookie, right now, worth 5 lbs in weight? Occasionally the answer is yes -- and I enjoy my cookie. But more often I realize I'm not really hungry, I'm just eating the cookie because it is there. I think I was unusually ready to lose some serious weight. And my weight loss has definitely slowed in the last month. I've only lost about three pounds, instead of the 5-7 I had been averaging. But overall I have never had such good, quick results from a weight loss regimen. I can't recommend "Mindless Eating" highly enough. P.S.

Mindless Eating by Brian Wansink is a scientific view at why we eat the way we do and how we can change it to be healthier. I read some of Wansink's work in a recent TIME Magazine article, and I was hooked. I know that our emotions tend to control what and how much we eat, but I had no idea just how much our environment affects it. This is not a diet book, but Wansink offers several ideas for changing your mindset to encourage healthy weight loss. A few facts: we tend to want to eat the same amount of volume of food to feel full. If air or water is added to make the food appear larger, we will eat the same amount and feel just as full. Three year olds will eat until they are sated. Five year olds will eat the amount of food put upon their plate because they assume that it is the appropriate amount. If you are eating with 2 people, you will eat 50% more food than if you were eating alone. If you are eating with 7 or more people, you'll eat 96% more food than if alone. You'll eat more M&Ms in a bowl with 10 colors than with 7 colors. Wansink has done the most amazing experiments to determine why we eat the way we do, and it's a fascinating read. I couldn't put it down, and ended up reading much of it out loud to my husband. Wansink says if we add or subtract 100 calories a day to our diet, our body won't really notice, but it will mean the difference between gaining or losing a half pound a week. If we up the weight loss too much, our metabolism slows down making it harder to lose weight. Great ideas are included to change our eating habits and lose weight without noticing it. 50/50 plating of food: half of the plate should be protein and starch, the other half should be fruits or vegetables. Use smaller plates and taller glasses. I love this one: put ice in your drinking water.

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