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Young Book Club Reading "The Hungry Brain," I would like to share my thoughts on this book!
 ~ Tina Lee DS *Why We Over Eat ft. \"The Hungry Brain\" Author, Dr. Stephan Guyenet*

The Hungry Brain Book
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The Hungry Brain: Outsmarting the Instincts That Make Us Overeat. Paperback – 6 April 2017. by Dr Stephan Guyenet (Author) 4.5 out of 5 stars 136 ratings. See all formats and editions. Hide other formats and editions. Amazon Price. New from. Used from.

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The Hungry Brain: Outsmarting the Instincts That Make Us Overeat is a 2017 non-fiction book by Stephan J. Guyenet. Guyenet describes the mechanisms by which the brain regulates diet. Reviews. Publishers Weekly

called it "insightful and important".

The Hungry Brain - Wikipedia

The Hungry Brain: Outsmarting the Instincts that Make us Overeat, 1st Edition is perfect for Dieticians and Nutritionists. It acts as Reference Material for those students who are pursuing their courses in Nutrition and Health Care.

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Outsmarting the Hungry Brain: An Interview with Stephan ...

His name is Stephan Guyenet, and he's a neuroscientist, obesity researcher, and the author of The Hungry Brain: Outsmarting the Instincts That Make Us Overeat. We begin our conversation with what's changed in our country to turn obesity into an epidemic, and why Americans started gaining more weight in the 1970s.

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