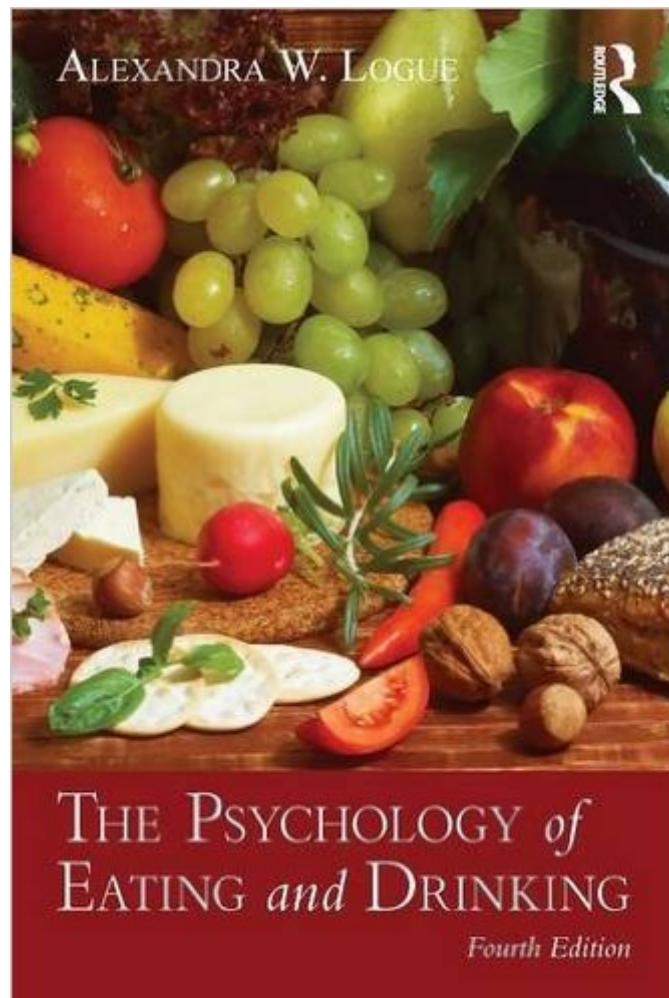


The book was found

# The Psychology Of Eating And Drinking



## Synopsis

Choice Recommended Read This insightful, thought-provoking, and engaging book explores the truth behind how and why we eat and drink what we do. Instead of promising easy answers to eliminating picky eating or weight loss, this book approaches controversial eating and drinking issues from a more useful perspectiveâ •explaining the facts to promote understanding of our bodies. The only book to provide an educated reader with a broad, scientific understanding of these topics, The Psychology of Eating and Drinking explores basic eating and drinking processes, such as hunger and taste, as well as how these concepts influence complex topics such as eating disorders, alcohol use, and cuisine. This new edition is grounded in the most up-to-date advances in scientific research on eating and drinking behaviors and will be of interest to anyone.

## Book Information

Paperback: 410 pages

Publisher: Routledge; 4 edition (December 5, 2014)

Language: English

ISBN-10: 0415817072

ISBN-13: 978-0415817073

Product Dimensions: 0.8 x 6 x 9 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.0 out of 5 starsÂ Â See all reviewsÂ (5 customer reviews)

Best Sellers Rank: #93,028 in Books (See Top 100 in Books) #120 inÂ Books > Health, Fitness & Dieting > Mental Health > Eating Disorders #153 inÂ Books > Textbooks > Social Sciences > Psychology > Clinical Psychology #207 inÂ Books > Textbooks > Social Sciences > Psychology > Psychopathology

## Customer Reviews

Logue makes this a very easy read, full of information behind eating habits, choices, society, and weight, and bits of surprising info as she goes along. The way she words things is a bit odd, as far as research goes, using the vague "researchers claim" and following it up with the research validating said "claim." It's a bit off-putting but not an overall detraction. I needed this and Jane Ogden's The Psychology of Eating for class- Ogden has been dry and statistical whereas Logue has no hesitation using "I think" and "you would wonder" pronouns. This is definitely one of the more entertaining psych texts I've come across.

A very interesting look into human behavior regarding food. Used as textbook for a course.

Great condition!

Great book.

i ordered this not knowing it was an e book and i have no actual way of opening this file would like a refund of my money so i can order a hard copy for my class

[Download to continue reading...](#)

Clean Eating: 365 Days of Clean Eating Recipes (Clean Eating, Clean Eating Cookbook, Clean Eating Recipes, Clean Eating Diet, Healthy Recipes, For Living Wellness and Weight loss, Eat Clean Diet Book Stop Drinking Now: The Easy Way To Stop Drinking (I Need To Stop Drinking) Psychology: Social Psychology: 69 Psychology Techniques to Influence and Control People with Communication Tricks, NLP, Hypnosis and more... (Psychology, ... NLP, Social Anxiety, Cognitive Psychology) Clean Eating: Clean Eating Diet: The 7-Day Plan for Weight Loss & Delicious Recipes for Clean Eating Diet (Clean Eating, Weight Loss, Healthy Diet, Healthy ... Paleo Diet, Lose Weight Fast, Flat Belly) The Psychology of Eating and Drinking Overeating: How To Overcome Overeating, Food Addiction And Control Your Eating..11 simple and Easy Steps To Overcome Overeating! (Emotional Eating, Food ... Binge. Will Power, Mindful Eating, Craving) Clean Eating: Fire up Your Weight Loss and Energy with Amazingly Delicious Clean Eating Recipes (Clean Eating Cookbook) Eating Disorders Information for Teens: Health Tips About Anorexia, Bulimia, Binge Eating, and Other Eating Disorders (Teen Health Series) Belly Fat: Blowout Belly Fat Clean Eating Guide to Lose Belly Fat Fast No Diet Healthy Eating (Eating Clean, Healthy Living, Gluten, Wheat Free, Low Fat, Grain Free Diet, Detox) (Live Fit Book 1) Antique Boxes-Inside and Out: For Eating, Drinking and Being Merry But Mama Always Put Vodka in Her Sangria!: Adventures in Eating, Drinking, and Making Merry Healthy Eating: Spring Healthy Eating Guide and 60+ Recipes Inspired by Traditional Chinese Medicine to Detoxify the Body and Achieve Optimal Health Healthy Eating: Winter Healthy Eating Guide and 60+ Recipes Inspired by Traditional Chinese Medicine to Warm Up the Body, Nourish Your Skin, and Achieve Optimal Health How to Have Your Cake and Your Skinny Jeans Too: Stop Binge Eating, Overeating and Dieting For Good Get the Naturally Thin Body You Crave From the Inside Out (Binge Eating Solution Book 1) One-Pan Wonders: 50 Clean Eating Sheet Pan Recipes for Delicious, Healthy Hands-Off Suppers, Lunches and Snacks Straight From the Oven (Clean Eating Sheet Pan Cookbook) The Clean Eating Cookbook: 101 Amazing Whole Food Salad,

Soup, Casserole, Slow Cooker and Skillet Recipes Inspired by The Mediterranean Diet (Free Quinoa Recipes) (Healthy Eating Made Easy Book 5) Clean Eating 28-Day Plan: A Healthy Cookbook and 4-Week Plan for Eating Clean VEGAN: Your Body, Your Friend: The Answer to Permanently Becoming Slim, Healthy, and Happy (Clean Eating, Cure Eating Disorders, incl. Vegan Recipes) (Vegan ... & Healing Based on Scientific Research) The Eating Disorders Sourcebook: A Comprehensive Guide to the Causes, Treatments, and Prevention of Eating Disorders (Sourcebooks) The Binge Eating and Compulsive Overeating Workbook: An Integrated Approach to Overcoming Disordered Eating (The New Harbinger Whole-Body Healing Series)

[Dmca](#)