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## CHANGE THE WAY YOU EAT: THE PSYCHOLOGY OF FOOD



Exisle Publishing (Australia). Paperback. Book Condition: new. BRAND NEW, Change the Way You Eat: The Psychology of Food, Leanne Cooper, For many people, food is no longer something to 'enjoy' as the stuff that nurtures us, keeps us healthy. It's something to 'control', 'do battle with', all in a warped quest to 'be thin' and live up to society's photoshopped ideals. Plus there's the obesity epidemic where we've trained our tastebuds to crave the fat, salt and sugar that so...

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- Authored by Leanne Cooper
- Released at -



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