

THE HUNGRY BRAIN



**Outsmarting the
Instincts That
Make Us Overeat**

Stephan J. Guyenet, Ph.D.

Illustrations by Shizuka N. Aoki

"Essential." — THE NEW YORK TIMES BOOK REVIEW

"Stephan J. Guyenet provides an exceptionally complete understanding of why, despite the prevailing desire to be lean, so few of us are. Illuminating, entertaining, and empowering."

*—DAVID L. RAITZ, M.D., DIRECTOR OF THE YALE QUINCY PREVENTION RESEARCH CENTER
AND AUTHOR OF DISEASE-PROOF*

Stephan J. Guyenet Ph.D.

The Hungry Brain: Outsmarting the Instincts That Make Us Overeat



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A Publishers Weekly Best Reserve of the Year From an obesity and neuroscience researcher with a knack for engaging, humorous storytelling, *The Hungry Human* brain uses cutting-edge technology to answer the questions: why carry out we overeat, and what can we carry out about any of it? No one wants to overeat. And certainly no one really wants to overeat for years, become overweight, and end up getting a high threat of diabetes or heart disease--yet two thirds of People in america do precisely that. Guyenet, isn't necessarily a lack of willpower or an incorrect knowledge of what to eat. On the way, it explores the way the human brain works, revealing how this mysterious organ makes us who we are. The issue, argues obesity and neuroscience researcher Stephan J. Despite the fact that we know better, we frequently eat an excessive amount of. Rather, our appetites and meals options are led astray by ancient, instinctive mind circuits that play by the rules of a survival video game that no longer exists. To make the case, *The Hungry Mind* takes readers in an eye-opening trip through cutting-edge neuroscience that has never before been available to an over-all viewers. And these circuits don't care about how you look in a swimwear next summer. *The Hungry Human* brain delivers profound insights into why the brain undermines our fat goals and transforms these insights into practical guidelines for eating well and staying thin. Why does our behavior betray our very own intentions to become lean and healthy?



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