



# **Mindless Eating: Summary of the Key Ideas - Original Book by Brian Wansink: Why We Eat More Than We Think**

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## **Mindless Eating: Summary of the Key Ideas - Original Book by Brian Wansink: Why We Eat More Than We Think** Evolvo

We tend to think that we are in control of our eating behavior, but we are often not aware of how we are influenced by psychology and the environment around us. In this book, the author shows how the size of a plate, eating with friends, names of dishes on a menu and several other factors can change our food choices, and he explains what we can do to establish healthier eating habits.

Who should read this book:

- People who want to find simple ways to gradually lose weight.
- Anyone interested in learning more about eating habits and the factors that influence our decisions.
- Anyone who is on a diet that does not bring the desired results.
- People who are interested in psychology.

In this summary:

Chapter 1: Your environment can influence what and how much you eat

Chapter 2: Keeping track of what we already ate can prevent overeating

Chapter 3: Bigger meals or packages make us eat more

Chapter 4: Keep food out of view to avoid getting tempted

Chapter 5: Our eating habits depend on the situation and people around us

Chapter 6: The way something tastes is influenced by our expectations

Chapter 7: Comfort food is not only consumed when people are sad

Chapter 8: Nutritional gatekeepers exert a large influence

Chapter 9: Knowing that something is unhealthy does not keep us from eating it

Chapter 10: Train your subconscious to achieve mindless eating habits

Chapter 11: Final Summary

Evolvo opinion

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