



# The Psychology of Eating and Drinking

*Alexandra W. Logue*

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**The Psychology of Eating and Drinking** Alexandra W. Logue

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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 perspective—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.

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