

Joosr Guide Mindless Eating Wansink Ebook

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Mindless Eating by Brian Wansink, PhD - Penguin Random House About Mindless Eating. This book will literally change the way you think about your next meal. Food psychologist Brian Wansink revolutionizes our awareness of how much, what, and why weâ€™re eatingâ€™ often without realizing it.

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